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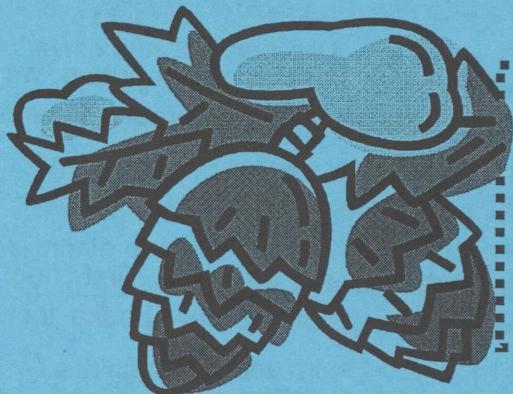
Illinois College of Optometry Library
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Chicago, IL 60616
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Focal Point

C A M P U S N E W S



"January is here, with eyes that
keenly glow,
A frost-mailed warrior
striding a shadowy steed of snow."
- Edgar Fawcett

RA Applications

Outside of your studies, are you looking to participate in a rewarding and fun challenge? If so, please stop by the Student Affairs office and pick up a 2010-2011 RC Resident Assistant (RA) application. RAs serve an important role here at ICO in that they are a voice between the students, faculty, and staff. RAs have the ability to build many different outstanding relationships at the college by being placed in this leadership role. If this opportunity sparks your interest, applications are currently available in the Student Affairs Office. Applications must be submitted by Monday, January 11th. If you have any questions about the position please feel free to contact an RA to find out more about it!

Continuing Education - Feb. 21

Come join us on Sunday, February 21, 2010 for 8 hours of continuing education right here at ICO. Six of the hours will be available as TQ, and as always, faculty and students are welcome to attend free of charge. For more information or to register, please check the website or email the CE Coordinator at continuinged@ico.edu. Hope to see you there!

Spotlight on the Library

by Jeff Proehl, Information Systems Librarian and

Theresa Cupinski, Library Service Clerk

Happy New Year and welcome back!

The Library will be closed Monday, January 18th, in order to celebrate the Martin Luther King Holiday. The Library will be open normal hours Saturday-Sunday, January 16-17, and beginning again on Tuesday, January 19, 2009.

New Poster in the Library Lobby

The poster "Atypical Maculopathy Associated with Syphilitic Chorioretinitis In The Presence Of Human Immunodeficiency Virus" by Dr. Stephanie Klemencic, O.D. and Dr. Tricia Newman, O.D. Please take time to review their work and please direct all questions to the authors.

Have You Resolved to Get Fit in the New Year?

The library has several workout DVDs to help you jump start your fitness routine for the new year. Pilates, yoga, and kickboxing are just a few of the heart pumping options you'll find behind the Media Circulation desk. Stop in and check them out!

Guest Login for Library Computers

As a service to guests and ICO staff who wish to use the library computers, we offer a guest login for computer access. Please feel free to stop in during breaks or before/after work. Visit the circulation desk for the login information.

New Books

The Library's new book shelves are located across from the first floor Ricoh printer/photocopier/scanner near the restrooms. Some of the new books for January include:

Diabetes and Ocular Disease: Past, Present, and Future Therapies, 2nd ed., edited by Ingrid U. Scott, Harry W. Flynn, Jr., and William E. Smiddy. RE661.D5 D48 2010

Statistics for Health Care Professionals: Working With Excel, 2nd ed., by James E. Veney, John F. Kros, and David A. Rosenthal. RA409.5 .V466 2009

The Changing Face of Medicine: Women Doctors and the Evolution of Health Care in America, by Ann K. Boulis and Jerry A. Jacobs. R692.B575 2008

Winter Got You Stressed Out?

This time after winter break can be challenging on many levels. Individuals often report feeling down as the winter months wane. Think you might have Seasonal Affective Disorder (SAD)? SAD is a type of depression that is related to seasonal changes. It affects women more than men, and the risk elevates with age. Although most people think it is just a 'winter thing', some SAD is reported in the summer as well.

According to the American Academy of Family Physicians common symptoms of winter-onset SAD include the following:

- A change in appetite, especially a craving for sweet or starchy foods
- Weight gain
- A drop in energy level
- Fatigue
- A tendency to oversleep
- Difficulty concentrating
- Irritability and anxiety
- Increased sensitivity to social rejection
- Avoidance of social situations and a loss of interest in the activities you used to enjoy

There are some lifestyle changes that can lessen SAD symptoms. Regular physical activity, adhering to a consistent sleep schedule, emphasizing a low fat and low carb diet, making a



concerted effort to get natural lighting when it is available (i.e. taking a walk outside on a cold, but sunny day), yoga, meditation, or massage therapy all can have positive impact on the winter blues.

Light therapy is an intervention that helps some individuals with SAD. The American Academy of Family Physicians says, "If your doctor suggests you try light therapy, you may use a specially made light box, or a light visor that you wear on your head like a cap. You will sit in front of the light box or wear the light visor for a certain length of time each day. Generally, light therapy takes about 30 minutes each day throughout the fall and winter, when you're most likely to be depressed. If light therapy helps, you'll continue it until enough sunlight is available, typically in the springtime. Stopping light therapy too soon can allow the symptoms to come back."

When used properly, light therapy seems to have very few side effects. However, some side effects may include eyestrain, headache, fatigue, irritability and inability to sleep (if light therapy is used too late in the day). Light therapy should be used carefully in people who have manic depressive disorders, skin that is sensitive to sunlight and/or medical conditions that make their eyes vulnerable to sunlight damage.

Tanning beds should not be used to treat SAD. The light sources in tanning beds are high in ultraviolet (UV) rays, which harm both your eyes and your skin."

Many people will ask, "When should I seek treatment for the winter blues?" The general rule of thumb about when to seek profession help is when the symptoms do not resolve through simple life style changes, when the symptoms seriously impact your day-to-day functioning, and/or if the symptoms are ever so severe that you feel you may harm yourself.

ICO students can always reach out for counseling services by calling ext. 7415 (or email bkarmis@ico.edu). Employees of ICO can reach out to LifeWorks, the employee assistance program, by calling 1-877-234-5151 or LifeWorks.com. Employee log in instructions and password for on line resources are posted on the bulletin board outside the Office of Human Resources.

If you want to read more about SAD, take a look at:

<http://www.nlm.nih.gov/medlineplus/seasonalaffectiondisorder.html> or

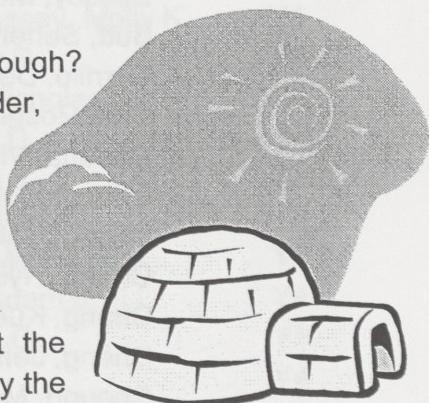
[http://www.nami.org/Content/ContentGroups/HelpLine1/Seasonal_Affective_Disorder_\(SAD\).htm](http://www.nami.org/Content/ContentGroups/HelpLine1/Seasonal_Affective_Disorder_(SAD).htm).

ACCESS at the Illinois Eye Institute

Have you been putting off going to the doctor for that terrible cough?

Now is not the time to ignore health concerns. As a reminder, ACCESS at the Illinois Eye Institute (through a contractual arrangement through the College) offers acute care to students without charge. Acute care includes things like coughs, sinus infections, and other basic sick visit issues.

An appointment to be seen by Dr. Ivers and her staff at the ACCESS clinic can be made by calling ext. 7770 or stopping by the reception desk at the main entrance of the IEI. Same day appointments



may be available, but it's always good to call ahead. If you are a College staff member and participate in the BCBS plan, you will incur the usual co-pay, but Dr. Ivers does welcome new patients.

Dean's List

The following full-time students achieved superior academic performance during the Fall, 2009 quarter by earning a quarterly grade point average of 3.50 or better and no grade below a "B" and/or Honors (H) in all Patient Care courses:

Albers, Jessica J.	Y2	Chinosornvatana, Arpirut	Y4
Anderson, Matthew K.	Y1	Choi, Jane L.	Y2
Andrews, Megan M.	Y1	Chu, Jennifer W.	Y1
Ankola, Prashant D.	Y2	Cleary, Rian J.	Y1
Ansari, Sabriya	Y2	Collison, Frederick T.	Y4
Antymis, David P.	Y4	Conlin, Karina A.	Y4
Bansal, Manu	Y2	Cornish, Keaton C.	Y1
Bell, Valarie M.	Y1	Coy, Eric D.	Y2
Berends, Betsy L.	Y1	Crawford, Benjamin D.	Y4
Bert, Jill M.	Y3	Crist, Michelle	Y4
Bertelsen, Kristin L.	Y4	Cruse, Thomas R.	Y3
Bhagat, Anisha B.	Y2	Cupuro, Katie M.	Y1
Blasco, Nicholas J.	Y1	Dennis, Jessica N.	Y3
Blow, Ronald K.	Y4	Desai, Puja H.	Y2
Bluemlein, Matthew R.	Y2	Dhalla, Ruhee	Y4
Bonk, Alex E.	Y1	Diehl, Christopher S.	Y3
Boon, Staci A.	Y2	Domes, Anna J.	Y1
Borgman, Christopher J.	Y4	Duling, Tracie L.	Y1
Bowen, Nicholas C.	Y4	Durst, Jennifer M.	Y4
Brandenborg, Helen C.	Y1	Elias, Yair S.	Y4
Brandt, Jonee E.	Y3	Eng, Anne M.	Y4
Breuer, Joni R.	Y4	Estrada, Christina M.	Y4
Burgos, Mary G.	Y3	Falk, Peter R.	Y1
Burke, Mark W.	Y4	Farooqi, Amreen	Y1
Bussey, Melissa M.	Y3	Finch, Alicia K.	Y2
Butt, Seher	Y2	Fisher, Katie D.	Y2
Carrillo, Desiree V.	Y4	Fitch, Phillip N.	Y4
Cha, Rosaline E.	Y1	Foley, Lauren B.	Y2
Chadha, Vineeta K.	Y3	Fong, Sarah M.	Y3
Chandrasekharan, Nivedita	Y2	Frohm, Christopher J.	Y2
Chang, Christine	Y3	Galvin, Laura K.	Y2
Chang, Hyewon L.	Y2	Gaudreau, Parya	Y2
Chang, Kuei-Yu	Y2	Gee, Jennifer W.	Y1
Cheng, Jeffrey Carmen	Y4	Glose, Jennifer M.	Y4
Cheung, Matthew	Y2	Go, Lenna	Y4
Chhibba, Mani	Y3	Goble, Grant W.	Y2
		Goldberg, Nathan E.	Y2
		Groshek, Delia A.	Y4
		Harris, Jeffrey L.	Y4
		Hasan, Farooq M.	Y2
		Hassan, Sura	Y2
		Hastings, Katherine R.	Y1
		Head, Jessica E.	Y2
		Heady, Ryan J.	Y4

Henriksen, Nicole A.	Y4	Lee, Joseph	Y1
Highsmith, Brittany S.	Y3	Lee, Kara	Y2
Higley, Barton D.	Y2	Lee, Michael S.	Y4
Hines, Candace A.	Y1	Lee, Wilfred Y. Y.	Y2
Hodgins, Karen M.	Y4	Lee, Wilson	Y3
Hontz, Jessica E.	Y3	Leung, Donald	Y3
Hosack, Emily J.	Y3	Liepins, Melissa A.	Y3
Huang, William	Y3	Lillie, Nicholas V.	Y3
Hunter, Quinlin P.	Y3	Linder, Jessica R.	Y1
Hur, Chee	Y4	Lizik, Chelsea	Y3
Husain, Uzma F.	Y4	Longo, Marian L.	Y3
Hutchinson, Jason T.	Y2	Ly, David	Y2
Huynh, Doan Trang T.	Y2	Madden, Nicole P.	Y2
Huynh, My-Nga T.	Y4	Majewicz, Maria	Y3
Hwang, Michael	Y1	Marnul, Eric P.	Y1
Ichishita, John L.	Y1	Matsuura, Marjorie Y.	Y2
Jackson, Trichelle	Y2	May, Lindsay A.	Y4
Jensen, Steven T.	Y3	McCaig, Stephanie D.	Y1
Jepson, Max E.	Y4	McIntosh, David M.	Y1
Jeziorny, Lisa M.	Y3	McKee, Natalie K.	Y2
Johnson, Jalyn K.	Y4	McLaughlin, Michelle J.	Y4
Johnson, Kristina M.	Y3	McNea, Alanna R.	Y1
Kacherova, Veronica	Y2	McPhee, Liane C.	Y1
Kadakia, Birva A.	Y2	Michel, Kimberly A.	Y2
Kalinowski, Lauren A.	Y2	Miller, Krystle J.	Y1
Kamal, Sahar S.	Y2	Millet, Lucia E.	Y4
Kanikunnel, Anju M.	Y2	Milunas, Viktoria V.	Y2
Karnani, Sean	Y2	Minhas, Bhawanjot K.	Y1
Kemmerer, Thomas J.	Y2	Montreal, Meghan E.	Y3
Khalil, Deanna B.	Y3	Moran, Amy L.	Y1
Kim, Janice H.	Y2	Motisi, Heather M.	Y2
Klabunde, Jessica L.	Y3	Murphy-Watt, Katherine	Y3
Kloepfer, Robert J.	Y1	Na, Liah R.	Y2
Knighton, Elizabeth A.	Y3	Nebelsick, Keri D.	Y3
Koroll, Cassandra H.	Y4	Nehls, Alicia A.	Y3
Kowalski, Jonathan T.	Y2	Nesbitt, Danielle J.	Y1
Kowalski, Rachel K.	Y4	Nguyen, Mylee K.	Y1
Kroll, Christine M.	Y3	Nguyen, Son Trang	Y4
Kunz, Thomas J.	Y3	O'Shaughnessey, Molly K.	Y1
Kusek, Amy E.	Y4	Oga, Shirley R.	Y4
La, Steven	Y2	Olberding, Nicholas J.	Y1
Labrum, Alan W.	Y1	Oliver, Kelly D.	Y4
Lacheman, Kathryn L.	Y3	Olson, Ross J.	Y3
Laming, Luann R.	Y2	Opejin, Adetola A.	Y1
Lammert, Dianne L.	Y2	Ostrander, Mikeal R.	Y1
Landy, Michael V.	Y4	Ottaviano, Adam J.	Y4
Langhorst, Daniel C.	Y2	Pak, Angela C.	Y1
Law, Christie	Y2	Pak, Do J.	Y4
LeBlanc, Karen M.	Y4	Palmer, Anne-Marie	Y1

Parker, Stephenie L.	Y2	Siragusa, Melisa	Y2
Partida, Cristina	Y1	Slagle, Chad R.	Y1
Patel, Darshana D.	Y4	Sliwinski, Daniel R.	Y3
Patel, Gemma K.	Y1	Sloan, James R.	Y4
Patel, Hetal	Y4	Slusky, Joanna E.	Y4
Patel, Janaki R.	Y1	Smolyansky, Valeriya V.	Y1
Patel, Komal M.	Y4	Sohal, Baljit S.	Y2
Patel, Lisha J.	Y1	Solomon, Michelle A.	Y2
Patel, Nim R.	Y1	Soo Hoo, Robert M.	Y1
Patel, Parisha P.	Y2	Specht, Jennifer J.	Y3
Patel, Poonam S.	Y3	Spence-Roberts, Marisha	Y2
Patel, Radhika B.	Y1	Sprague, Kaitlyn L.	Y2
Patel, Trisha H.	Y1	Springstroh, Cory A.	Y4
Patel, Vimal S.	Y1	Steere-Bollman, Bridget J.	Y4
Patel, Vishal K.	Y1	Stola, Katherine A.	Y4
Pena, Rocio	Y4	Suen, Nancy H.	Y2
Peralta, Emily F.	Y2	Sun, Robert B.	Y2
Peterson, Sarah A.	Y3	Swartzentruber, Rebecca A.	Y3
Pieper, Brian	Y2	Sweeney, Amy S.	Y3
Porter, Erika K.	Y3	Tabakman, Olga	Y4
Posthuma, Danielle J.	Y2	Talaber, Alexandra A.	Y2
Potwin, Steven M.	Y3	Tang, Patricia B.	Y2
Rak, Ashley M.	Y1	Thakrar, Neal K.	Y1
Ratermann, Stefanie M.	Y3	Thelen, Rachel L.	Y2
Redmond, Jennifer L.	Y1	Thiele, Jonathon P.	Y2
Resetar, Kaitlyn A.	Y1	Thomas, Amy C.	Y3
Reyes, Catherine M.	Y4	Thompson, Naghmeh R.	Y2
Rickels, Michael D.	Y4	To, Angela V.	Y4
Risko, Adam R.	Y1	Todd, Ann E.	Y4
Robinson, Joshua L.	Y1	Toderian, Anna C.	Y2
Rodriguez, Jessica E.	Y1	Tonozzi, Jacob J.	Y3
Roehl, Ashley A.	Y1	Toor, Daman	Y4
Ross, Kyle D.	Y1	Troy, Alexandra M.	Y2
Sacksteder, Ryan T.	Y2	Turner, Brady D.	Y3
Salami, Nellie N.	Y2	Twardowski, Matthew J.	Y4
Saltee, Jaclyn A.	Y3	Ung, Susan A.	Y4
Schahczinski, Nicole L.	Y1	Vaassen, Samantha R.	Y3
Scheurer, Ashley M.	Y4	Vogelpohl, Derek P.	Y1
Schuster, Amanda E.	Y3	Vogt, Sierra N.	Y3
Seif, Noha	Y3	Vroom, Kayla L.	Y2
Setork, Sheila M.	Y3	Walter, Lauren E.	Y1
Sexton, Audra	Y2	Walters, Emily L.	Y3
Shah, Puja	Y4	Wang, Weihan	Y2
Shelus, Elizabeth J.	Y3	Watercott, Nina M.	Y2
Sicks, Lindsay A.	Y4	Wedeking, Kassandra M.	Y1
Simenson, Anne M.	Y2	Weir, Jillian M.	Y1
Simpson, David M.	Y1	Wenzel, Victoria R.	Y2
Singla, Anchita M.	Y1	Wiebers, Lindsay L.	Y1
Sipola, Matthew J.	Y1	Winkler, Sara M.	Y2

Wong, Michelle	Y4	Zemke, Alex C.	Y2
Woo, Eric A.	Y2	Zoeckler, Brandon T.	Y2
Yap, Tamscot S.	Y2		
Yeh, Annie	Y3		
Yu, Michael S.	Y4		
Zainea, Jacob J.	Y1		

Tech Tips

Ahmed Mohammad

Power-Saving Tips: Informative article on how to put your home PC on power diet. Click on the link below to read this article:

<http://pcworld.about.com/magazine/2404p152id124586.htm>

Energy Savings 8-outlet Surge Protector with remote switch. Here is the link:

http://www.jr.com/belkin/pe/BKN_BG108000_hy_04/

IS contact procedures.

Phone calls or voice mail to x 7500 or email to support@ico.edu are the expected methods for contact the support team with a problem.

1. Phone Request:

Contact x 7500 for a medium or high priority request. To properly prioritize your problem or request, please be as descriptive as possible by describing the problem, workstation location and person to contact along with their extension. Press 1 for normal priority messages or press 3 for major system emergencies. If option 3 is selected, calls will be forward to the available members of the IS department.

2. System Support Email:

Non-emergency priority problems, or requests such as installing new software, hardware, etc., can be sent via email to support@ico.edu. The email should be as descriptive as possible, including the problem, workstation location and person to contact along with their extension.

Maino's Memos

Maino's Memos contains the latest research and information about eye and vision care of children, those with developmental disabilities, Traumatic/Acquired Brain Injury and other topics of interest. Please note that if you are reading this online, all links should be active. Click on the titles for more information. Go to:

<http://www.mainosmemos.blogspot.com> for the latest research.

Identify Binocular Vision Disorders

How to Manage

Binocular Vision Disorders

Improve the lives of this large — and often overlooked — group of patients. Here's how.

>>>In comparison to glaucoma, cataract, age-related macular degeneration, diabetic retinopathy and dry eye syndrome; binocular vision (BV) disorders are even more frequently encountered than these diseases and have significant negative effects on one's quality of life. In fact, one study revealed that the prevalence of

accommodative and BV (strabismic and non-strabismic) disorders is 9.7 times greater than the prevalence of ocular disease in children ages six months to five years old, and it's 8.5 times greater than the prevalence of ocular disease in children ages six to 18 years old.¹ In addition, a study of 1,679 patients between the ages of 18 and 38 showed that 56.2% presented with symptoms associated with BV dysfunction.² Although these are alarming statistics, a disconnect exists between the high prevalence of BV disorders in the general population and the BV patients reported being evaluated by primary care optometric practices.

To improve the lives of these often overlooked patients, while augmenting the financial health of your practice, follow these four steps.....<<<

Comments: This is an article I wrote and has been featured as the lead story for the December issue of Optometric Management. Please tell all to have a look. We should diagnose and treat these binocular vision disorders in all our patients. DM

Optometric Vision Therapy Helps Children With Math Problems

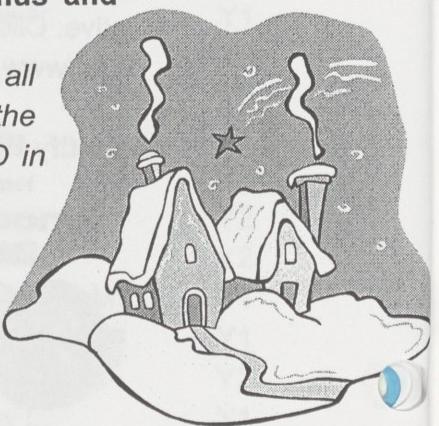
...The incidence of individuals with a mathematics learning disability is between 6 - 7% of the population." Since there are more than 300 million individuals in the United States, up to 21 million men, women, and children may be affected by this disorder. Sidney Groffman OD, MA, FCOVD, Professor Emeritus at SUNY College of Optometry, author of the article published in the December 2009 issue of Optometry & Vision Development, also says, "This is unfortunate because math skills are of prime importance in everyday life enabling us to understand number concepts and do calculations. Math ability is essential for many occupations and professions.

Optometry, as one of the 50 best careers of 2010, should have strong growth over the next decade ...They're often referred to as "doctors of optometry," ... Optometrists are healthcare professionals who treat a wide variety of eye problems. They prescribe lenses for nearsighted and farsighted people, diagnose and treat visual problems such as scratched cornea or glaucoma, and refer patients for laser-eye surgery, among other duties. Many optometrists specialize in particular areas—eye care for infants and the elderly is in high demand, for example, and some optometrists work with athletes on sports-related visual problems... The bottom 10 percent of optometrists earned less than \$46,900, while the top earners made more than \$166,400. The annual median wage in 2008 was \$96,320.....

Study shows steady myopic shift in patients with strabismus and proper alignment

...Study data showed that the mean spherical equivalent among all patients was 1.62 D. Mean spherical equivalent was 1.10 D in the orthophoria group, 3.22 D in the esodeviation group and 1.13 D in the exodeviation group....

Comments: Watch those post strabismic surgery patients closely....especially those with esotropia for the development of significant myopia. Could accommodation be playing a major role in the development of the myopia? DM



Multiple operations and poor adduction linked to development of exotropia

.....The patient cohort had a 21% incidence of consecutive exotropia. Patients who had undergone multiple operations had a greater risk of developing consecutive exotropia than those aligned with a single operation. The difference was statistically significant ($P = .00036$). Postoperative restriction of adduction and convergence correlated with a high risk of consecutive exotropia ($P = .0437$). ..

Comments: So tell me again why we are so quick to send out for strabismus surgery?

DM

Effectiveness of screening systematic review

Population based preschool vision screening programmes cannot be sufficiently assessed by the literature currently available. However, it is most likely that the present systematic review contains the most detailed description of the main limitations in current available literature evaluating these programmes. Therefore, future research work should be guided by the findings of this publication.

Comments: I don't get it...this paper says there is NO evidence that consistently supports vision screening....why isn't optometry and InfantSee shouting this from the roof tops?

DM

Lack of patient knowledge regarding hospital medications

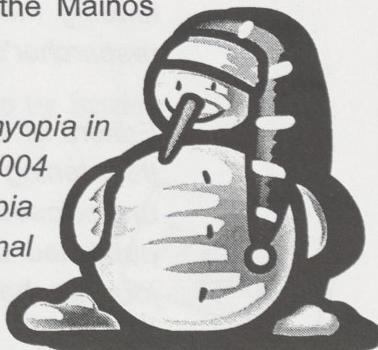
...Inpatient medication errors represent an important patient safety issue. The magnitude of the problem is staggering; with 1 review finding almost 1 in every 5 medication doses in error, with 7% having potential for adverse drug events. While mistakes made at the ordering stage are frequently intercepted by pharmacist or nursing review, administration errors are particularly difficult to prevent. The patient, as the last link in the medication administration chain, represents the final individual capable of preventing an incorrect medication administration. It is perhaps surprising then that patients generally lack a formal role in detecting and preventing adverse medication administration events.

Comments: Read the whole article online by clicking the title. If patients do not know about the meds they are taking in a hospital....how much do they know about the meds you give them in your office? DM

Increased Prevalence of Myopia in the United States Between 1971-1972 and 1999-2004

Comment: I uploaded info on this paper previously....but now you can read the whole article by clicking on the title above. Is this substantial increase in myopia due to genetics or environment or both? We don't know. Type in "myopia" in the Mainos Memos search box above to see more articles on this topic. DM

When using similar methods for each period, the prevalence of myopia in the United States appears to be substantially higher in 1999-2004 than 30 years earlier. Identifying modifiable risk factors for myopia could lead to the development of cost-effective interventional strategies.



Autism Spectrum Disorder Prevalence Increases

About 1 percent of 8-year-olds in study sites identified as having an ASD in 2006

-- Improved documentation and identification of children with Autism Spectrum Disorders (ASDs) may have contributed to a rise in prevalence from 2002 to 2006, but an increased risk of developing an ASD should not be discounted, according to a surveillance summary published Dec. 18 in the U.S. Centers for Disease Control and Prevention's Morbidity and Mortality Weekly Report.

Oculomotor function in frontotemporal lobar degeneration, related disorders and Alzheimer's disease

Frontotemporal lobar degeneration (FTLD) often overlaps clinically with corticobasal syndrome (CBS) and progressive supranuclear palsy (PSP), both of which have prominent eye movement abnormalities. To investigate the ability of oculomotor performance to differentiate between FTLD, Alzheimer's disease, CBS and PSP, saccades and smooth pursuit were measured in three FTLD subtypes, including 24 individuals with frontotemporal dementia (FTD), 19 with semantic dementia (SD) and six with progressive non-fluent aphasia (PA), as compared to 28 individuals with Alzheimer's disease, 15 with CBS, 10 with PSP and 27 control subjects. Different combinations of oculomotor abnormalities were identified in all clinical syndromes except for SD, which had oculomotor performance that was indistinguishable from age-matched controls. Only PSP patients displayed abnormalities in saccade velocity, whereas abnormalities in saccade gain were observed in PSP`CBS` Alzheimer's disease subjects. All patient groups except those with SD were impaired on the anti-saccade task, however only the FTLD subjects and not Alzheimer's disease, CBS or PSP groups, were able to spontaneously self-correct anti-saccade errors as well as controls. Receiver operating characteristic statistics demonstrated that oculomotor findings were superior to neuropsychological tests in differentiating PSP from other disorders, and comparable to neuropsychological tests in differentiating the other patient groups. These data suggest that oculomotor assessment may aid in the diagnosis of FTLD and related disorders.

Myopia Progression in Children Wearing Spectacles vs. Switching to Contact Lenses

COMET children switching from glasses to CLs experienced a small, statistically significant but clinically inconsequential increase in myopia progression.

American Medical Association may investigate journal editors

The American Medical Association is seeking an investigation of claims that editors of its leading medical journal threatened a whistle-blower who pointed out a researcher's conflict of interest.

Editors of the Journal of the American Medical Association deny threatening a professor who raised concerns about a study author's undisclosed financial link to a drug company when JAMA published the study last year. JAMA, like most leading medical journals, has a policy of noting scientists' industry connections.

According to the Wall Street Journal, JAMA editors threatened

to ban the professor from their journal and ruin his medical school's reputation if he didn't stop talking to reporters.

Diplopia and Fluoroquinolones

...A total of 171 case reports of diplopia associated with fluoroquinolones were reported, including 76 men, 91 women, and 4 case reports in which the gender was not specified. The median age was 51.6 years. Dosage varied between the different fluoroquinolone drugs, with the median dosage within the range recommended in the package insert for each different fluoroquinolone. Median time from beginning of therapy to appearance of the ADR was 9.6 days (range 1 day to 5 months). Seventeen subjects also had concomitant tendinitis, 49 patients were 60 years or older, 1 patient had renal cysts, and 4 patients were taking systemic anti-inflammatory steroids. There were 53 positive dechallenge and 5 positive rechallenge case reports....

INTERMITTENT EXOTROPIA: A Major Review

...Exodeviations or divergent squint occurs as a result of certain obstacles to development or maintenance of binocular vision and/ or due to defective action of the medial rectus muscles. Small exophorias are found in high frequency in the normal population and 60-70% of normal newborn infants have a transient exodeviation that resolves by 4-6 months of age (1-3). Intermittent exotropia is an exodeviation intermittently controlled by fusional mechanisms. Unlike a pure phoria, intermittent exotropia spontaneously breaks down into a manifest exotropia.....

Comments: This was written by a surgeon (which doesn't automatically make it bad) but it does explain why he has a misguided view of orthoptics/vision therapy. I know I am biased as an optometrist....but I would not try surgery first. I would recommend optometric vision therapy first....especially after the NEI supported clinical trials in the area of convergence insufficiency. You can do surgery at any time. DM

Drug and Placebo: Study Redefines Placebo Effect as Part of Effective Treatment

...Researchers used the placebo effect to successfully treat psoriasis patients with one quarter to one half of their usual dose of a widely used steroid medication, Early results in human patients suggest that the new technique could improve treatment for several chronic diseases that involve mental state or the immune system, including asthma, multiple sclerosis and chronic pain....

Comments: Doctors have been using placebo therapies for centuries for the good of their patients. Good doctors today still do so. Never discount the power of a patients' mind to help "cure" what needs to be cured. DM

Residencies

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South wall.

Florida

NOVA Southeastern University College of Optometry, FL
Aran Eye Associates, Residency in Ocular Disease



Residencies affiliated with Indiana University
 Contact Lens, one position, Bloomington, IN
 Ocular Disease, one position, Bloomington, IN
 Ocular Disease, one position, UK Dept of Ophthalmology & Vision Science,
 Lexington KY
 Ocular Disease, one position, Bennett & Bloom Eye Centers, Louisville, KY
 Optometric Refractive and Ocular Surgery, one position, Wang Vision Institute,
 Nashville TN
 Ocular Disease, three positions, Huntington VAMC, WV
 Pediatric Optometry, one position, Bloomington/Indianapolis, IN
 Primary Eye Care, one position, Bloomington, IN
 Primary Eye Care, one position, Lexington VAMC, KY
 Primary Eye Care, one position, Illiana Health Care System, Danville, IL
 Primary Eye Care, one position, Guanajuato Eye Care Center Centro de Rehabilitacion
 Visual, Guanajuato, Mexico

Blazin the Nets for IEIF - Reminder

Save the date for January 15, 2010 5 pm to 7 pm to raise money for the charitable services of IEI.

\$5 admission fee for each person to attend. Soft drinks, beer and snacks and raffle ticket for a chance to win a pair of Bulls Tickets (winner must be present)

It will be a FUN event to raise money for the charitable services of IEI, helping patients in need.

Dr. Vince Brandys



Scholarships

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
ASCO Student Award in Clinical Ethics	<ul style="list-style-type: none"> • 3rd and 4th Year • Essay of up to 1,500 words 	\$1,000 and plaque	Due electronically to Sharon Uher Suher@ico.edu by January 8, 2010
Varilux Student Grant Award Program	<ul style="list-style-type: none"> • 3rd and 4th Years • Submit case report using Varilux lenses 	\$1,000 and entry to national judging	Student affairs by Jan 8 , 2010 in electronic format
The 2010 Dr. Seymour Galina Grant	<ul style="list-style-type: none"> • Third Year Student Good academic standing • Submit a paper 	\$2,500	To Student Affairs by January 11, 2010 (submit with W-9 form)
2010 InfantSEE® Scholarship Grant sponsored by Vision West, Inc.	<ul style="list-style-type: none"> • Third Year Student • Good academic standing • Submit a paper 	\$2,500	To Student Affairs by January 11, 2010 (submit with W-9 form)

Illinois Public Health Assoc. Scholarship	<ul style="list-style-type: none"> • U.S. and IL Citizen • 	\$1,000 or \$2,000	January 22, 2010 www.ipha.com
Alcon – 4th Year Optometry Student 2010 Case Study Award	<ul style="list-style-type: none"> • 4th Year Students • Write a case report 	\$1,000, overall national award winner will receive additional \$5,000	January 31, 2010
Chicago Area Schweitzer Fellowship	<ul style="list-style-type: none"> • Health professions, Graduate level-degree in Chicago Area • Projects include 200 hrs through a community based agency 	\$2,000 stipend	Feb 1, 2010 to the Chicago Area Schweitzer Fellow Program. Look online at http://www.hmprg.org
Western Union Foundation's Family Scholarship Program	<ul style="list-style-type: none"> • Country of origin for at least one of the applicants must be outside the US • Will help two members of same family 	\$1,000 to 5,000	Feb 5, 2010 http://foundation.westernunion.com/ourProgramsScholarships.html
2010 CLCS Essay Awards (AOA)	<ul style="list-style-type: none"> • Current AOSA Member • Paper on selected topic • Guidelines at http://www.aoa.org/x7339.xml 	1 st - 2,000 and \$850 travel grant to Optometry's Meeting® Runner-up - \$1,000 and certificate	February 15, 2010
Jewish Federation Academic Scholarships	<ul style="list-style-type: none"> • Enrollment in "helping" profession • Legal domicility in greater Chicago area • Jewish 	From \$1,000 to \$8,000	February 15, 2010 Apply at online: www.jvschicago.org
Student of Vision Scholarship- Transitions Optical Inc.	<ul style="list-style-type: none"> • Project in any format on Children's Vision 	\$1,000 for category winner, and \$500 for additional winners	March 10 to education@transitions.com
2010 William C. Ezell Fellowship	<ul style="list-style-type: none"> • Entering or continuing a full-time program of study and training in research that leads to the Masters or Ph.D. degree in vision science. 	\$8,000 and \$750 travel grant	March 12, 2010 – www.aaopt.org/aof/scholarship/ezell
BSK Student Research Grant Program	<ul style="list-style-type: none"> • Application outline form • Check 222.betasigmakappa.net 	\$1,000	April 10, 2010

2010 Dr. Stanley Pearle Scholarship Fund (OneSight Research Foundation)	<ul style="list-style-type: none"> Students Graduating in class of 2011, 2012 or 2013 Complete application-Scholarships will be awarded on a competitive basis 	Ten Scholarships of \$2,000	April 15, 2010 to OneSight Research Foundation Scholarship Committee
John Gyles Education Awards	<ul style="list-style-type: none"> Canada and U.S. GPA of 3.0 or above Financial need 	Up to \$3000	May 1 – applications available at www.johngyleseducationcenter.com

The Student Affairs Office has more information, so stop by and check it out



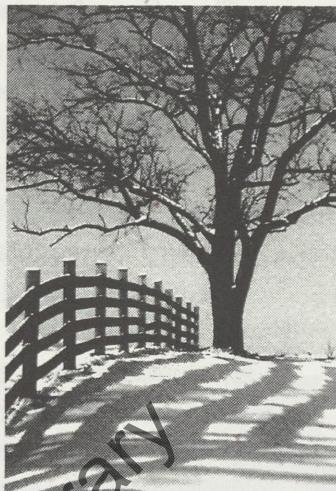
Digitized by Illinois College of Optometry Library



Focal Point

C A M P U S N E W S

"Bare branches of each tree
on this chilly January morn
look so cold so forlorn.
Gray skies dip ever so low
left from yesterday's dusting of snow.
Yet in the heart of each tree
waiting for each who wait to see
new life as warm sun and breeze will blow,
like magic, unlock springs sap to flow,
buds, new leaves, then blooms will grow."
- Nelda Hartmann, *January Morn*



A Note From Financial Aid:

Just a reminder that we need for you to complete your 2010-11 FAFSA form as soon as possible. The form can be completed online at www.fafsa.ed.gov. Our school code for the form is 001689.

Class of 2011: Your FAFSA is needed to complete your award for Spring 2010 and Summer 2010 and Fall 2010 awards. Please have your FAFSA completed by **February 1st, 2010**. If you need to use estimates for your info or your parents' tax info, you may do so. You may also update your FAFSA with parent info at a later date.

Class of 2012: Your FAFSA is needed to complete your award for Summer 2010, Fall 2010 and Winter 2010. Please have your FAFSA completed by **March 1st 2010**. If you need to use estimates for your info or your parents' tax info, you may do so. You may also update your FAFSA with parent info at a later date.

Class of 2013: Your FAFSA is needed for your 2010-11 awards for Fall, Winter and Spring. Please have your FAFSA completed by **March 15th 2010**.

Feel free to contact Milissa or Bryant with any questions at 312.949.7441 or finaid@ico.edu.

Summer Research Training Program

The SUNY, State College of Optometry has a summer research program supported by the National Eye Institute. The program is designed to help avoid a future shortage of clinician investigators by attracting health professional students into clinical and health-related research as a career. Optometry students who participate in the program receive an NEI Pre-doctoral Research Fellowship stipend of \$ 4,370 for full-time, ten week, summer commitment (May 31 to Aug 6). Students will be paid twice, in mid July and then at the end of the 10 week period. Thus, all students should be prepared to cover their own expenses early on.

They have 8 trainee fellowship slots that are open to students who have just completed their first or second years in any U.S. optometry program. U.S. citizenship or permanent residence is required. Special consideration will be given to students from underrepresented ethnic minorities.

The deadline for this vision research training is **Feb. 22, 2010**. Reference letters and college transcripts should also be sent by that date. Acceptance announcements will be made on or about **March 15, 2010**.

If students have a special research interest and/or wish to work with a particular faculty member, please be sure to include this information on the application form. Application forms can be found in the Student Affairs Office in the scholarship drawer under Summer Fellowship at SUNY

If you have any questions, please do not hesitate to call Jerry Feldman, Ph.D., Associate Dean for Graduate Studies and Research (212-938-3541) or Dr. Ken Ciuffreda (212-938-5765), the Program Director.

Summer Lab Research at NEWENCO

The New England College of Optometry welcomes applications from qualified students to join its summer Research Training Program. The program is designed for first and second year students who are eligible to apply for fellowship support derived from a research training grant (T 35) from the National Eye Institute. Stipends will be paid for laboratory research through June July and August for a total of \$5,244.00.

Interested students should contact Nika Nunley, Administrative Assistant in the Vision Science Department for an application, or call 617-587-5664, email nunleyn@neco.edu

Thank You ICO

On behalf of MCA, FCO, and SA, we would like to say thank you to everyone who has donated to the Haiti Relief effort. What started as a simple gesture to raise a few bucks has grown into a multi-organizational campaign to raise funds for two different charities. The bake sale today was a huge success and brought in more than \$1,000! MCA has pledged to match that amount so we will be sending more than \$2,000 to Haiti. Donations are still coming in and it's not too late if you would like to contribute (just send me an email).

A special thanks goes out to everyone who baked the yummy goods for Thursday sale.... Dr. Frantz, Amanda Schuster, Emily Walters, Malgorzata Kowalska, Alicia Finch, Jen Specht, Rahi Sayed, Annie Yeh, and Gerianne Mulanix.

The ICO community has shown great compassion for the country of Haiti in its time of need. I'm sure that our efforts will be greatly received by the American Red Cross and the Christianville Foundation.

Thanks again, Anna O'Brien

Spotlight on the Library

by Jeff Proehl, Information Systems Librarian and

Theresa Ciupinski, Library Service Clerk

New Poster In Library Lobby

The poster, "Inner Retinal Cystic Degeneration Following a Central Retinal Artery Occlusion" by Drs. Elizabeth Wyles and Leonard V. Messner and Nicholas V Lillie is now on display in the library. Please take time to review their work and please direct all questions to the authors.

Taxes!

It's time once again to file your income taxes. The library has Illinois State Tax forms available on display near our public computers. Please ask a library worker if you need help finding them. The library also offers a guest log-on for the computers if you're interested in filing online or visiting www.irs.gov for more information about your taxes.



Facebook

Become a fan of the Carl F. Shepard Library! Visit our Facebook page and see our latest news and updates. We welcome suggestions on how we can serve you better and stay connected. Improve your image—please send any pictures of you in the Library to Theresa Ciupinski at tciupinski@ico.edu and we may place it on the Facebook page.

New Books

The Library's new book shelves are located across from the first floor Ricoh printer/photocopier/scanner near the restrooms. Some of the new books for January include:

Visual Perception Through Video Imagery, edited by Michel Dhome. TA1634.P4513 2009

Eye Infections, Blindness and Myopia, edited by Jeffrey Higgins and Dominique Truax. RE96.E94 2009

Geriatric Ophthalmology: A Competency-Based Approach, edited by Andrew G. Lee and Hilary A. Beaver. RE48.2.A5 .G375 2009

Good luck with your studies and we look forward to seeing you in the Library!

Maino's Memos

Maino's Memos contains the latest research and information about eye and vision care of children, those with developmental disabilities, Traumatic/Acquired Brain Injury and other topics of interest. Please note that if you are reading this online, all links should be active. Click on the titles for more information. Go to:

<http://www.mainosmemos.blogspot.com> for the latest research.

ICO Faculty Quoted in Chicago Sun Times

Chicago Sun Times columnist Mark Brown's January 20th's column title was: "Don't be startled if 'Avatar' makes you nauseated- 3-D effects could leave you feeling like you ate a bad oyster". ICO faculty Drs. Kelly Frantz and Dominick Maino talked to Mr. Brown about how problems with the eyes and the vestibular system may combine to make you feel sick after watching the 3D version of AVATAR. Brown noted that, "Dr. Dominick Maino, professor of pediatric/binocular vision at the Illinois College of Optometry, told me it only follows that individuals with an extreme sensitivity to motion would face the same difficulties when the big screen so closely approximates the real world. "It has to do with your peripheral vision and your system that controls your balance," Maino said. He suggested some of the people experiencing problems might be candidates for vision therapy."

To read the full column go to <http://www.suntimes.com/news/brown/2000542,CST-NWS-brown20.article> or just click on the title above.

The College of Optometrists in Vision Development offers advice for those having trouble with seeing in 3-D

With Avatar now heading into its fifth week as a box office hit, many people are headed to movie theaters to see what the excitement over 3-D is all about. Unfortunately, many of them may be disappointed because they didn't know they can't see 3-D.

While the concept of being "3-D ready" means that the new 3-D TVs, showcased at the Consumer Electronics Show last week, will be able to provide 3-D viewing, the College of Optometrists in Vision Development state that our eyes need to be "3-D ready" to be able to fully enjoy Avatar. In other words, you need to be able to see 3-D for the entire 2 hours and 40 minutes of riveting 3-D action.

The 3-D version of Avatar has two images projected on the screen, each image seen by one eye. The images are then merged into one by your brain. If the images aren't perceived correctly, it will be very difficult to merge or fuse the images into 3-D. The technology behind the Avatar 3-D effects is based on the premise that the viewer has the ability to see 3-D.

"There are a variety of vision problems which may cause intermittent problems, where you will see 3-D part of the time. This can definitely cause headaches or at the least make viewing very uncomfortable," explained Dr. Bradley Habermehl, President of the College of Optometrists in Vision Development.

Research has shown that up to 56% of those 18 to 38 years of age have one or more problems with binocular vision and therefore could have difficulty seeing 3-D. In addition, about five percent of the population have amblyopia (lazy eye) and/or strabismus (eye turn) which makes 3-D viewing impossible.

But there is hope. Thanks to optometric vision therapy, thousands of people who previously could not see 3-D are enjoying every special effect Avatar has to offer. **Dr. Susan R. Barry**, professor of neurobiology in the Department of Biological Sciences at Mount Holyoke College, who lived most of her life stereoblind until she went through an optometric vision therapy program at the age of 48, shares, "I am happy to say I am no longer stereoblind. I can enjoy the 3-D effects in Avatar as well or more than anyone else. The scenes of the forest receding way into the distance and the seeds from the Tree of Life floating in front of the screen were fantastic."

In fact, Barry's life changed so dramatically by gaining 3-D vision that she wrote *Fixing My Gaze* (June, 2009), to share her experience with the world. In an interview published in *Scientific American*, *From 2-D to 3-D Sight: How One Scientist Learned to See*, Barry shares, "Seeing in 3-D provides a fundamentally different way of seeing and interpreting the world than seeing with one eye. When I began to see in stereo, it came as an enormous surprise and a great gift."

Some people may have 3-D vision but feel nauseous or dizzy when watching Avatar. This can be caused by something known as visual motion hypersensitivity.

"People who have visual motion hypersensitivity, will find Avatar quite challenging to view," according to Kenneth J. Ciuffreda, O.D., FCOVD-A Ph.D., a professor at SUNY, State College of Optometry, Department of Vision Sciences in New York City, and leading research expert in binocular vision. Ciuffreda recently co-authored a paper on the topic of visual motion hypersensitivity (VMH) and one of the signs of VMH is feeling dizzy when watching a movie in the movie theater. And, this isn't even a 3-D movie! Adding the third dimension can make viewing stressful for someone with VMH. (The reference for the paper is: Winkler PA, Ciuffreda KJ. Ocular fixation, vestibular dysfunction, and visual motion hypersensitivity. *Optometry* 2009;80(9):502-512.)

As technology quickly advances to provide us with 3-D ready TVs so we can watch movies, like Avatar, in the comfort of our own home, there are still millions of people whose eyes are not 3-D ready. "It is our mission to educate the public on the fact that you can become 3-D ready. Optometric vision therapy has helped thousands of people across the world to be able to see 3-D; even those who have had multiple eye surgeries, such as Dr. Barry," Habermehl states.

To find out more about 3-D vision and optometric vision therapy, visit the website for the College of Optometrists in Vision Development, www.covd.org.

Your baby's developing eyes

The Airlines Manual Of Practice Management For Optometry

InfantSee Video

Comments: The American Optometric Association's InfantSee program is saving the vision of thousands of little ones each year. Won't you have your child evaluated so that he or she can avoid a lifetime of eye problems? Do it now. Go to <http://www.infantsee.org/> for more info. DM

Treatment for Stereo Blindness

...Patients with stereo blindness require optometric vision therapy, including the use of prisms and 3D glasses. Treatment duration will depend upon the particular patient's condition and associated factors.....

Improving Stereo Vision

...Why weren't my eyes working well? Why couldn't I see the baseball or hit it well? Until I started Vision Therapy I did not know the answer. This is the story of my eyes and how they got better. Before I went to Vision Therapy, reading and seeing smaller things were difficult for me. I was ashamed that at 10 years old I could not read a book a friend of mine had read at 8 years old. At a friend's house I tried not to do anything that I might have to read. It was awful....

Comments: Read all about Eli and the problems...and solutions to his vision problems. Seeing the latest 3D movies like Avatar would be very difficult for him.... Click on the title above for more information. DM

Learning To See In Stereo

...National Public Radio's Joe Palca ... was born with a crossed eye. So as not to be confused by two different images, his young brain learned to suppress the input from his right eye, leaving Joe with no stereo vision....

Comments: Click the title above to listen to Joe's story. You will need very good 3D vision to see the latest movies like Avatar! DM

Eye test may detect Alzheimer's years before symptoms develop.

From AOA First Look:

BBC News (1/15) reports that, according to a study published in the journal *Cell Death and Disease*, "a simple eye test might be able to detect Alzheimer's and other diseases, before symptoms develop." Working with mice, researchers from University College London used "fluorescent markers which attach to dying cells...in the retina" to "give an early indication of brain cell death."

The "chemical marker" could "either be administered as an injection in the arm or eye-drops," the UK's Daily Telegraph (1/14, Alleyne) reported. Once the "substance is in the body," clinicians then "use an infrared camera to take a picture of the eye and count how many dots appear in the photo." The investigators "have calculated that anything more than 20 could indicate the early onset of Alzheimer's."

The UK's Daily Mail (1/15, Macrae) reports, "With research showing that cells start to die ten to 20 years before the symptoms of Alzheimer's become evident, it could allow people to be screened in middle age for signs of the disease." Still, "some may not want to know their fate so far in advance," possibly for "fear that insurance companies could increase premiums for those who test positive while still young."

According to the UK's Press Association (1/14), "Alzheimer's is known to affect eyesight, and 60% of sufferers have impaired vision." This latest study "builds on the discovery that neurodegenerative diseases, such as Alzheimer's, result in the death of retinal cells." Notably, "a similar process can detect and assess the blinding disease glaucoma, which also leads to the death of retinal cells."

The optic nerve head assessed with HRT in 5–16-year-old normal children: normal values, repeatability and interocular difference

...We conclude that HRT can be used in children between 5 and 16 years of age, and normal values presented in the study can be used for comparison of children with optic nerve diseases. Because the assessment of rim area varied the least, it may be the parameter to use for follow-up. The normal large interocular difference should be taken into account when comparing eyes in the individual child....

Comments: Click on title to get pdf. Also check out Pang Y, Trachimowicz R, Castells D, Goodfellow GW, Maino DM. Optic Nerve Heads in Pediatric African Americans Using Retina Tomography. Optom Vis Sci 2009;86(12): published online ahead of print edition 11/09. DM

Clinical electrophysiology and visual outcome in optic nerve hypoplasia (ONH)

...Optic disk diameter, observation of disk pallor, VEP and PERG testing in infancy are useful for establishing the visual prognosis at five years of age in children with ONH. This is consistent with the notion that these parameters are related to the anatomic and functional preservation of retinal ganglion cells.

Comments: Get free pdf by clicking on title. DM

An Audit of the Outcome of Amblyopia Treatment: A retrospective analysis of 322 children.

...Although mean duration of treatment was long involving many hospital visits the visual outcome was variable, unsatisfactory (<6/9) and more expensive than necessary. Since compliance has been identified as major problem methods to improve amblyopia treatment are needed, possibly by using educational/motivational intervention....

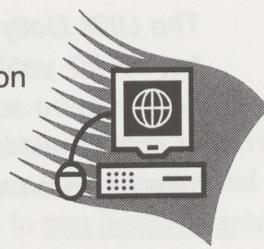
Comments: Maybe it is time to do more than just patch. Amblyopia is a two-eyed (binocular) problem. Perhaps some binocular vision therapy is what is needed? Get free PDF by clicking title. DM

Earlier Diagnosis for Autistic Children?

..Researchers at The Children's Hospital of Philadelphia found that children with autism spectrum disorders process sound and language a fraction of a second slower than children without autism. Calculating this delay may help in detecting the disorder...

Tech tips:

Here are the most commonly use public email distribution groups in Novell GroupWise Novell address book.



Group name	Group Members
Everyone	Faculties and staffs only
All Student1	All Students
13students	All students graduating year 2013
12students	All students graduating year 2012
11students	All students graduating year 2011
10students	All students graduating year 2010
Faculty	ICO faculty
Facilities	ICO Facility
RCEmail	RC residents
Support	ICO Information System technical support

Save these website addresses in to your favorites.

ICO Phone directory web address: <http://twp.ico.edu>

(For Callpilot users only) Access your Voice mail and faxes online: <http://cpweb.ico.edu>

ICO email web address: <http://eyecare.ico.edu>

What's happening at ICO: <http://theview.ico.edu> and <http://www.ico.edu>

IS contact procedures.

Phone calls or voice mail to x 7500 or email to support@ico.edu are the expected methods for contact the support team with a problem.

Phone Request:

Contact x 7500 for a medium or high priority request. To properly prioritize your problem or request, please be as descriptive as possible by describing the problem, workstation location and person to contact along with their extension. Press 1 for normal priority messages or press 3 for major system emergencies. If option 3 is selected, calls will be forward to the available members of the IS department.

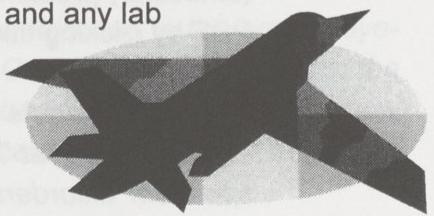
System Support Email:

Non-emergency priority problems, or requests such as installing new software, hardware, etc., can be sent via email to support@ico.edu. The email should be as descriptive as possible, including the problem, workstation location and person to contact along with their extension.

Ahmed

Air Force Optometry Scholarships

The Air Force scholarship will pay for all tuition, book fees and any lab fees required to complete the program. Also will you will earn a monthly stipend of \$1,992.00 (that is taxed) to use at your discretion. This scholarship is for your last two years.



You will be conducting comprehensive primary eye care evaluations, and providing diagnostic and treatment services for service members, retirees, and their family members. Co-managing post-surgical eye cases and ocular complications of systemic illness inpatient and outpatient settings is an important function of your position. To see if you qualify or have questions call MSgt David Reese at 312-922-2923 or email at david.reese@rs.af.mil

Continuing Education – Feb. 21

Come join us on Sunday, February 21, 2010 for 8 hours of continuing education right here at ICO. Six of the hours will be available as TQ, and as always, faculty and students are welcome to attend free of charge. For more information or to register, please check the website or email the CE Coordinator at continuinged@ico.edu. Hope to see you there!

Residencies

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South wall.

Scholarships

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
ASCO Student Award in Clinical Ethics	<ul style="list-style-type: none">• 3rd and 4th Year• Essay of up to 1,500 words	\$1,000 and plaque	Due electronically to Sharon Uher Suher@ico.edu by January 8, 2010 (award extended to Feb 19, 2010)
Illinois Public Health Assoc. Scholarship	<ul style="list-style-type: none">• U.S. and IL Citizen	\$1,000 or \$2,000	January 22, 2010 www.ipha.com
Alcon – 4th Year Optometry Student 2010 Case Study Award	<ul style="list-style-type: none">• 4th Year Students• Write a case report	\$1,000, overall national award winner will receive additional \$5,000	January 31, 2010
Chicago Area Schweitzer Fellowship	<ul style="list-style-type: none">• Health professions, Graduate level-degree in Chicago Area• Projects include 200 hrs through a community based agency	\$2,000 stipend	Feb 1, 2010 to the Chicago Area Schweitzer Fellow Program. Look online at http://www.hmprg.org
Western Union Foundation's Family Scholarship Program	<ul style="list-style-type: none">• Country of origin for at least one of the applicants must be outside the US• Will help two members of same family	\$1,000 to 5,000	Feb 5, 2010 http://foundation.westernunion.com/ourProgramsScholarships.html

Point Foundation	<ul style="list-style-type: none"> For LGBT student of merit, and leadership 	\$25,000 to 33,000	February 12, 2010 visit website: http://www.pointfoundation.org/instructions.html
2010 CLCS Essay Awards (AOA)	<ul style="list-style-type: none"> Current AOSA Member Paper on selected topic Guidelines at http://www.aoa.org/x739.xml 	1 st - 2,000 and \$850 travel grant to Optometry's Meeting® Runner-up - \$1,000 and certificate	February 15, 2010
Jewish Federation Academic Scholarships	<ul style="list-style-type: none"> Enrollment in "helping" profession Legal domicile in greater Chicago area Jewish 	From \$1,000 to \$8,000	February 15, 2010 Apply at online: www.jvschicago.org
Student of Vision Scholarship-Transitions Optical Inc.	<ul style="list-style-type: none"> Project in any format on Children's Vision 	\$1,000 for category winner, and \$500 for additional winners	March 10 to education@transitions.com
2010 William C. Ezell Fellowship	<ul style="list-style-type: none"> Entering or continuing a full-time program of study and training in research that leads to the Masters or Ph.D. degree in vision science. 	\$8,000 and \$750 travel grant	March 12, 2010 – www.aaopt.org/aof/scholarship/ezell
AOSA – The Vision Care Institute™ Travel Grant Essay Contest	<ul style="list-style-type: none"> Essay 500 max or 300 minimum words on selected topic: How does aging population affect the way you will practice? Travel to Orlando FL for Optometry's Meeting™ in June One page curriculum vita 	Two \$595 travel grants at each school, Overall one winner \$1,000	April 1, 2010 to assigned faculty person
AOSA – Allergan Travel Grant Essay Contest	<ul style="list-style-type: none"> Essay 500 max or 300 minimum words on selected topic: Dry Eye: Just an inconvenience or a treatable ocular disorder? One page curriculum vita Travel to Orlando FL for Optometry's Meeting™ in June 	Two \$500 travel grants at each school, Overall three winner \$1,000	April 1, 2010 to assigned faculty person

Walman Optical Company Scholarship Program	<ul style="list-style-type: none"> • 2 or 3 year • Complete their application and mail it with transcript 	\$1,000 to 4,000	April 10, 2010 www.walman.com
BSK Student Research Grant Program	<ul style="list-style-type: none"> • Application outline form • Check 222.betasigmakappa.net 	\$1,000	April 10, 2010
2010 Dr. Stanley Pearle Scholarship Fund (OneSight Research Foundation)	<ul style="list-style-type: none"> • Students Graduating in class of 2011, 2012 or 2013 • Complete application-Scholarships will be awarded on a competitive basis 	Ten Scholarships of \$2,000	April 15, 2010 to OneSight Research Foundation Scholarship Committee
John Gyles Education Awards	<ul style="list-style-type: none"> • Canada and U.S. • GPA of 3.0 or above • Financial need 	Up to \$3000	May 1 – applications available at www.johngyleseducationcenter.com

The Student Affairs Office has more information, so stop by and check it out

Fitness Improvements Here at ICO

Last year, you spoke and we listened. The most requested item for the Fitness Center, a television. Recent improvements have included replacing an outdated stairmill, the addition of several Schwinn Indoor Cycles and indoor cycling classes. Your frustration at not having space to stretch or use the stability balls was not ignored and a stretching area was added. Well now, I'm pleased to tell you about our latest upgrades. The flooring in the shower areas of the fitness locker rooms have been enhanced to improve safety and cleanliness; Look out for more upgrades in the fitness locker rooms coming soon. As for the Fitness Center itself, the stretching and training space has just been doubled and a Matrix functional trainer has just been added. What is a Matrix Functional Trainer and how can you use it? The Fitness staff will be offering mini-training sessions on how to use this new piece of equipment.



As usual, keep the suggestions coming.

A Special thank you to the Facilities Department for helping to make these improvements possible.



Digitized by Illinois College of Optometry Library



Focal Point

C A M P U S N E W S



Attention Third Years

Graduation picture proofs have been placed in your mailboxes. For your convenience Paul Studios will be on campus in the President's Lounge from 10 am to 3 pm on Wednesday, 2/10 to accept your picture selections for the 2010 graduation class composite and yearbook as well as to

The Magic Of Love

*Love is like magic
And it always will be.
For love still remains
Life's sweet mystery.
Love works in ways
That are wondrous and strange
And there's nothing in life
That love cannot change.
Love can transform
The most commonplace
Into beauty and splendour
And sweetness and grace.
Love is unselfish,
Understanding and kind,
For it sees with its heart
And not with its mind.
Love is the answer
That everyone seeks...
Love is the language
That every heart speaks.
Love can't be bought,
It is priceless and free,
Love, like magic,
Is life's sweet mystery.*

Written by Helen Steiner Rice

take orders for graduation pictures. We hope to have all orders returned to you before you leave for externship this summer. Please make every effort to stop by and make your selections.

Leo Club

The Leo Club board would like to THANK YOU and let you know that we were able to donate \$1,000 to the American Red Cross to go towards the Haiti Relief efforts. It is by your continued support that we were able to make this contribution on your behalf and on behalf of ICO. Funds we've raised from our label sale and membership fees funded this donation. This is precisely why organizations like ours exist, and it is in people like you where hope lies in times like these, however impossible it may seem to the people of Haiti at the moment.

It is important to remember that though the world is divided into many cultures, races, religions and political beliefs, we, as human beings, are inherently bonded by that which compels us to empathize with our distant brothers and sisters despite these differences. We must never forget it is this innate amity that links our existence and our humanity.

I believe this is what continues to fuel our decisions to become Doctors of Optometry. This donation is a testament of your goodwill and we are proud to be one of you.

Once again, THANK YOU for your willingness to help and your continued support.

Sincerest gratitude,

Melissa Bussey (President)

Alexandra Troy (Treasurer)

Matthew Cheung (Secretary)

Dannette Lammert (2nd year class rep)

Jessica Linder (1st year class rep)

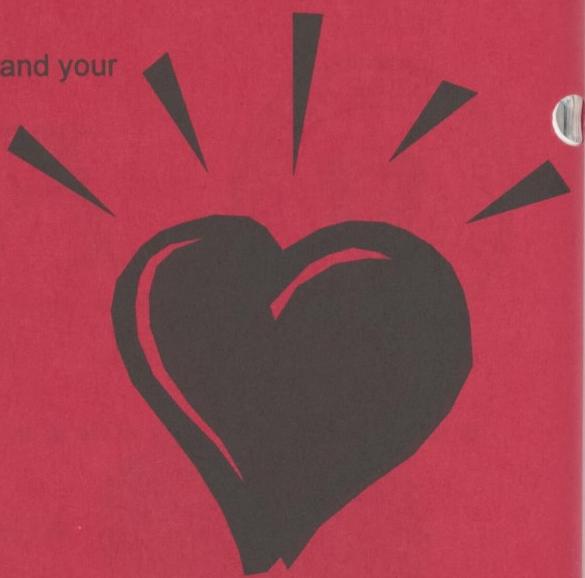
Steven Wan (1st year class rep)

Ashley Lowdermilk (Lions liaison)

Kaitlyn Sprague (Lions liaison)

Mark Burke (Lions liaison)

Scot Yap (President-elect)



Spotlight on the Library

by Jeff Proehl, Information Systems Librarian and

Theresa Ciupinski, Library Service Clerk

Big Changes in the Library

Looking to catch the headlines quickly before or between classes? The newspapers now are displayed on the first floor near the fiction books and chairs in the lobby. You also will notice that the DVDs and CD-ROMs from the first floor have been moved— the entire DVD and CD-ROM collections are now shelved upstairs at Media Circulation. The new 2nd floor photocopier/printer/scanner, OCE4222, has been relocated to Media Circulation as well. As a result, we have opened a new study room which can be booked for student use in four hour blocks.

Over-Night Drop-box

The Library now has an over-night drop-box for reserve books checked out within three hours of closing. (Reserve DVDs may not be checked out for overnight.) The drop-box provides students with the option of returning reserve materials at any time during the night or next morning while the library is closed, instead of requiring the material be returned promptly at opening the next day. Please ask a Library staff member if you have any questions about the reserves or the new drop-box.

February Is Black History Month

A display honoring Black History Month is in the Library's first floor central display case. Please enjoy the display and contact us if you want to view any of the books or need more information.

New Poster

Dr. David Castells authored the poster, "Optical Coherence Tomography in a Case of North Carolina Macular Dystrophy". Please take time to view the poster but direct all questions to the author.

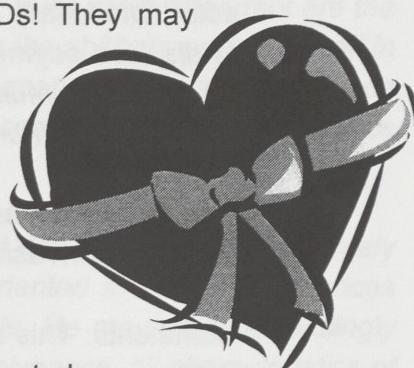
Off-Campus Externs

Externs whose sites are more than fifty miles from ICO may receive copies of articles that they need for free. The Library will also mail books without charge to externs. Please send your requests to the library email address at cshepard@ico.edu.

Happy Valentine's Day!

To get your heart pumping, check out our exercise DVDs! They may provide what your heart desires:

- Quick Fix: Cardio Hip-Hop Workout
- Bootcamp! Total Body Blast
- The Biggest Loser: The Workout; Cardio Max
- Dance with Lisa: Red Hot Salsa Made Simple
- 10 Minute Solution Kickbox Bootcamp
- Crunch! Super-charged Kickbox Party



Or to satisfy other heart cravings, sample one of our donated romance novels. Search for the word "love" in our online catalog to find more titles:

Tempting, by Hope Tarr

Got Your Number, by Stephanie Bond

Memory of Love, by Beatrice Small

Long Road Home, by Danielle Steel.

New Books

The Library's new book shelves are located across from the first floor Ricoh printer/photocopier/scanner near the restrooms. Some of the new books for January include:

Curbside Consultation in Retina: 49 Clinical Questions, edited by Sharon Fekrat.

RE551.C87 2010

Retina Atlas: A Global Perspective, edited by Sandeep Saxena and R.C. Saxena.

RE551.R366 2009

Fundus Autofluorescence, edited by Noemi Lois and John V. Forrester. RE545.F86 2009

Happy Valentine's Day! We look forward to seeing you in the Library!

Maino's Memos

Maino's Memos contains the latest research and information about eye and vision care of children, those with disabilities, Traumatic/Acquired Brain Injury, optometric vision therapy and other topics of interest. Please note that if you are reading this online, all links should be active. Click on the titles for more information. Go to: <http://www.mainosmemos.blogspot.com> for the latest research.

SOVOTO Videos

Neuro-Vision Rehabilitator (NVR). This new device (from HTS Inc) incorporates the Wii technology in conjunction with a sophisticated menu of programs to address oculomotor, visual motor, central peripheral integration and visual-vestibular integration.

Comments: SOVOTO is a social media site for those interested in pediatrics, binocular vision, vision and learning, vision information processing and optometric vision therapy. It includes optometrists, educators, therapists, parents and just about anyone interested. If you click on the title above you will see all the videos available from SOVOTO including the new HTS NVR system.

British doctor rebuked over research linking vaccine and autism

...The General Medical Council, Britain's medical regulator, found that Andrew Wakefield acted unethically in the way he collected blood samples from children and in his failure to disclose payments from lawyers representing parents who believed the vaccinations for measles, mumps and rubella -- given as a single shot, referred to as the MMR vaccine -- had hurt their kids.

The regulator also concluded that Wakefield acted with "callous disregard" by conducting invasive tests on children that were not in their best medical interests....

Comments: This one individual may have caused more harm and worry than any other doc/researcher in recent history. This is very sad.

Vision Therapy Changed My Life

Check out the Vision Therapy Changed My Life ... Facebook page....great people.... telling great stories of success....

Beginning to read at 74 years old

If you thought you were going to die and had only one wish, what would you wish for? A local woman was faced with that scenario, and she wished for something most of us take for granted....

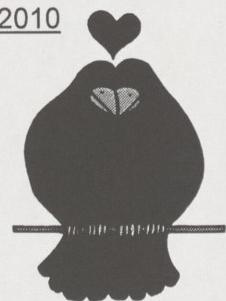
Who Knew? Bifocals Retard Myopia After All

A good study in Archives demonstrates that executive bifocals (+1.50) do retard myopia in fast-progressing myopes among children. After 2 years, axial length was .62 and myopia about -.50 more in the single vision compared to bifocal group- statistically significant, and if true over several years, very important to public health. Time to rethink bifocals and apologize to the optometrists.

The paper's reference is noted below:

Cheng D, Schmid KL, Woo GC, Drobe P. Randomized trial of effect of bifocal and prismatic bifocal spectacles on myopic progression: two-year results. Arch Ophthalmol. 2010 Jan;128(1):12-9.

Comments: When I posted this earlier I forgot to point out ophthalmology's apology....well, at least one of my ophthalmology colleagues is taking another view of bifocals for myopia reduction. I thank him for that!



Study Says Lead May Be the Culprit in ADHD

ADHD, or attention-deficit/hyperactivity disorder, is among the costliest of behavioral disorders. Its combination of inattention, impulsivity and hyperactivity leads to accidental injuries, school failure, substance abuse, antisocial behavior and more. Yet despite nearly a century of study, the disorder's roots remain mysterious....

Comments: Genetics, the environment AND dysfunction of the binocular vision system may all play a role in ADHD. Go to <http://www.MainosMemos.blogspot.com> and type in attention deficit hyperactivity disorder in the search box on the upper left to see additional research. Click on title for more about this research. DM

Strabismus: Implications for Development

...Strabismus & Amblyopia Affect Spatial Relations and Balance Usually, such as in the holiday photo, cosmetic aspect of misalignment is obvious. Even more important are the effects on function and vision, because strabismus disrupts the ability to orient oneself in space. A good number of the eye's neural fibers bring information to the body's balance system. If they deliver inaccurate information, the person's sense of where he is in space can be compromised.

The Psychological Effects of Strabismus - Strabismus and double vision can adversely affect social-emotional development. A child who is disoriented in space experiences himself and his environment as unstable and unpredictable. He may grow increasingly inward, become belligerent or demonstrate sensory defensiveness, all characteristics of "autism"...

Effects of the Internet on patient consultations

Physicians are placed in a delicate situation when confronted with information that suggests approaches or diagnoses that they did not propose. Certainly when patients arrive with their own information, they are suggesting a new type of relationship with the physician by openly challenging the traditional authority of the health care provider. This becomes a potential source of uneasiness, and sometimes even conflict, between the 2 parties because each is breaking the usual conversation rules that exist in a service relationship. Typically, the person seeking advice does not suggest his or her own solutions at the same time. Challenging medical authority is not new; what is new is that it is being challenged at the time of the consultation, which might alter how the meeting unfolds.

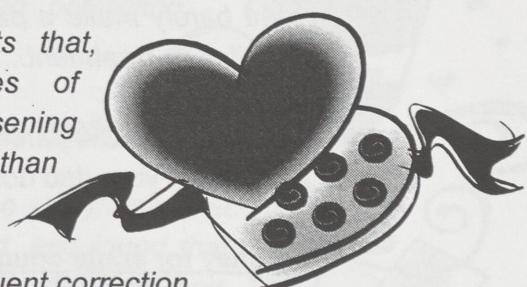
Comments: I have found that most patients that I talk to are much better informed...and know (in some instances) more than I may about a certain topic...especially if it's about their child. This is a good thing. Our egos should not get in the way....DM

Bifocals may help slow nearsightedness in children whose eyesight is deteriorating rapidly.

Comments: I know I mentioned this earlier....here's what the Wall Street Journal had to say.

The Wall Street Journal (1/26, Singer-Vine) reports that, according to findings reported in the Archives of Ophthalmology, in children whose eyesight is worsening rapidly, bifocals may help slow nearsightedness better than single-vision glasses. Researchers found that compared to children who wore single-vision glasses, those who wore standard bifocals needed less subsequent correction.

The Journal notes, however, that it remains unclear whether wearing bifocals slows nearsightedness permanently rather than only during childhood.



Exotropic Drift and Ocular Alignment After Surgical Correction for Intermittent Exotropia

...The follow-up period ranged from 6 months to 3 years. Although most patients had exotropic drift, this drift was greater in patients with initial esotropia (86.7%) and orthophoria (70.0%) compared to patients with exotropia (26.1%). Motor success was achieved in 29 (60.4%) patients. There was no statistical difference between ocular alignment at 1 week postoperatively and final motor success ($P = .782$). There was good correlation between ocular alignment at 1 week and 6 months postoperatively ($r = 0.585$, $P < .001$). Age and preoperative deviation were not found to be associated with motor success...

Comments: OK so if I am reading these results correctly...most patients went exo after surgery...about 40% did NOT achieve motor success! So why are we so quick to refer for strabismus surgery? DM

Recognition Acuity, Grating Acuity, Contrast Sensitivity, and Visual Fields in 6-Year-Old Children

The results provide additional normative monocular data on visual function in 6-year-old children and indicate that their thresholds are less than those of adults for distance recognition VA, grating VA, and contrast sensitivity, but similar to those of adults for white-sphere kinetic perimetry.

New class of brain-protecting drugs emerging

Researchers have identified a compound that mimics one of the brain's own growth factors and can protect brain cells against damage in several animal models of neurological disease.

7,8-dihydroxyflavone is a member of the flavonoid family of chemicals, which are abundant in fruits and vegetables. The compound's selective effects suggest that it could be the founder of a new class of brain-protecting drugs.

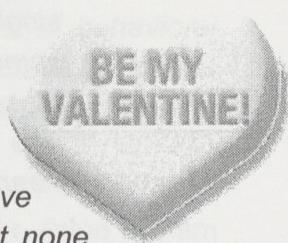
Children with suspected development problems may not get needed referrals, study shows

...Many pediatricians score high on screening their patients for developmental delays, but barely make a passing grade in referring children with suspected delays for further testing or treatment...

Comments: OK parents....when the MD drops the ball....you have to follow up...ask for a referral if your doc does not recommend one to you. DM

Honey for acute cough in children

Cough can impact on quality of life, cause anxiety and affect sleep for parents and children. For this reason an immediate remedy is usually sought by both the care giver and the recipient. Cochrane reviews have assessed the effectiveness of over-the-counter cough medications but none have studied honey as a cough relief. A systematic review evaluating the effectiveness of honey for reducing acute cough symptoms due to upper respiratory tract infections in children would be useful. A review of one small randomized controlled trial showed that honey was significantly better than no treatment for the relief of cough, reducing



bothersome cough, improving child's sleep; but no better than 'no treatment' in reducing the severity of cough and parent's sleep.

Breaking Up With Your Doctor

...Breaking up with your doctor is not a choice most people take lightly, but there may come a time when it's the single best decision for you and your health. Some patients have had complaints that have been mounting over the years. Others decide to fire their doctor after one heated episode - perhaps because of a missed diagnosis...

Comments: I recently broke up with my PCP because he acted like a little child...we had a disagreement about a missed appointment....when I tried to agree with him that missing an appointment is not a good thing to do....he walked out of the room telling me that when I would let him talk....that he'd come back in....well, I fired him right then and there! Anyone who won't let me agree with them ... it's just too weird! DM

Coffee Break Boosts Memory

A coffee break after an important meeting or class may be just the thing your brain needs to digest new information and improve memory....A new study suggests that resting while awake aids in memory consolidation and improves memory recall, much like getting a good night's sleep has been shown to do...."Taking a coffee break after class can actually help you retain that information you just learned," researcher Lila Davachi, PhD, assistant professor of psychology at the Center for Neural Science at New York University, says in a news release. "Your brain wants you to tune out other tasks so you can tune in to what you just learned."...

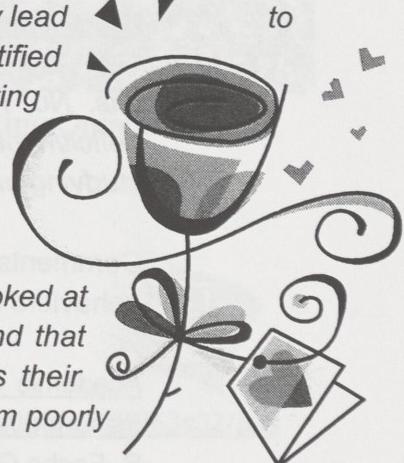
Comments: Dear Dr. Daum, Dean at Illinois College of Optometry....when I'm taking a coffee break I REALLY am working...honest! DM

Intelligence In Young Children Is Not Influenced By Omega 3 Fatty Acids

Omega 3 fatty acids, particularly docosahexaenoic acid (DHA), are found in high concentrations in the brain and accumulate during the spurt in brain growth that occurs between the last trimester of pregnancy and the first year of life. Studies in animals have shown that a lack of DHA during periods of rapid brain growth may lead to problems in brain development but trials of the effect of DHA-fortified formula on brain function in babies have produced conflicting results....

Mixed-Handed Children More Likely To Have Mental Health, Language And Scholastic Problems

...Around one in every 100 people is mixed-handed. The study looked at nearly 8,000 children, 87 of whom were mixed-handed, and found that mixed-handed 7 and 8-year old children were twice as likely as their right-handed peers to have difficulties with language and to perform poorly in school.



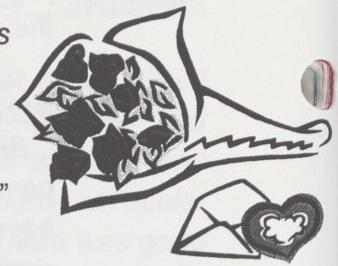
Motor Deficits Can Persist Even After What Appears To Be A Full Recovery Following Traumatic Brain Injuries

Even after regaining normal walking speed, traumatic brain injury (TBI) victims have not necessarily recovered all their locomotor functions...

Older Brains Make Good Use Of 'Useless' Information

A new study has found promising evidence that the older brain's weakened ability to filter out irrelevant information may actually give aging adults a memory advantage over their younger counterparts. ...

Comments: My family believes that I have so much "useless information" that I must be an actual genius!



Virtual-Reality Baseballs Give Researchers Insight Into Long-Standing Mystery

While baseball fans still rank "The Catch" by Willie Mays in the 1954 World Series as one of the greatest baseball moments of all times, scientists see the feat as more of a puzzle: How does an outfielder get to the right place at the right time to catch a fly ball?

High Rates Of Birth Defects Found In Autistic Children

Nearly two-thirds of the children with Autistic Spectrum Disorders recorded in the National Birth Defect Registry (NBDR) also suffer from structural birth defects, according to the national nonprofit, Birth Defect Research for Children (BDRC). The group reported that most of the defects affect the face, head and central nervous systems of newborns....

Communication Problems In The Brain

...For brain cells to communicate, the contacts to each other must function. The protein molecule neuroligin-1 plays an important role in this as it stimulates the necessary maturation processes at the contact sites (synapses) of the nerves. A synaptic maturation disorder is possibly involved in the development of autism...

Attention span of a fly

Attention Drug Drives Memory: Scientists at the Queensland Brain Institute have found a way to measure the attention span of a fly, which could lead to further advances in the understanding of attention-deficit hyperactivity disorder (ADHD) and autism in humans.

...

Physicians Pay Attention To ADHD On College Campuses

Can't study. Can't focus. Can't remember what I was supposed to do next. I've got to do this. No, I've got to do that! What was I doing?.. In college, students with attention deficit/hyperactive disorder face an array of challenges-long days and nights of classes, studying and activities, all of which require increasing amounts of concentration....

Comments: No where does this article mention vision problems as a source for the behaviors of ADHD...for instance:

Academic Behaviors in Children with Convergence Insufficiency with and without Parent-Reported ADHD. Rouse M, Borsting E, Mitchell GL, Kulp MT, Scheiman M, Amster D, Coulter R, Fecho G, Gallaway M; The CITT Study Group. Optom Vis Sci. 2009 Sep 7.

Oculomotor performance identifies underlying cognitive deficits in attention-deficit/hyperactivity disorder. Loe IM, Feldman HM, Yasui E, Luna B. J Am Acad Child Adolesc Psychiatry. 2009 Apr;48(4):431-40.

The relationship between convergence insufficiency and ADHD.Granet DB, Gomi CF, Ventura R, Miller-Scholte A. Strabismus. 2005 Dec;13(4):163-8.

Nearpoint phorias after nearwork predict ADHD symptoms in college students.Wilmer JB, Buchanan GM.Optom Vis Sci. 2009 Aug;86(8):971-8.

Headache Attributable to Disorders of the Eye

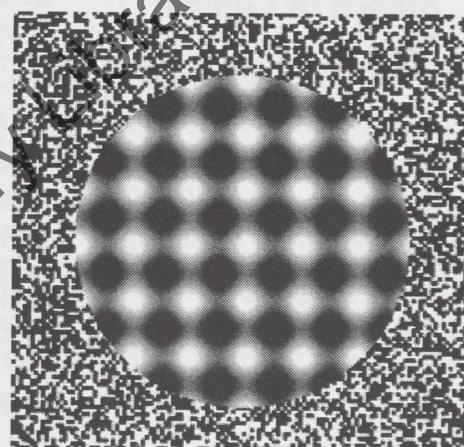
Sensory innervation to the eye and periocular area arises from the ophthalmic branch of the trigeminal nerve. Thus, ocular, orbital, and systemic disorders may produce head pain with ocular signs and symptoms. Whereas some of these entities have characteristic diagnostic features, others mimic primary headache disorders such as migraine and cluster headache. This article reviews common ocular and neuro-ophthalmic conditions that are accompanied by pain in or near the eye.

Higher Prevalence of Psychopathological Symptoms in Adolescents With Headache. A Population-Based Cross-Sectional Study

...Previously reported associations between headache and psychopathological symptoms in adolescents could be confirmed, but might vary with type of headache. As psychopathological symptoms may be a precursor for manifest psychiatric disorders, adolescents particularly with migraine and miscellaneous headache appear to be a vulnerable population....

Vitamin D and the Immune System

Evidence of the role of vitamin D in the regulation of T and B cells, macrophages, dendritic cells, and keratinocytes continues to accumulate and provides a link between vitamin D and many autoimmune diseases, including Crohn's disease, juvenile diabetes mellitus, multiple sclerosis, asthma, and rheumatoid arthritis. Considering the influence of vitamin D on the immune system, it may have potential as a treatment for immune-mediated diseases, even if additional research is required to better quantify dosage. But the biggest obstacle to its clinical use is its potent hypercalcemic effect. The calcium status of the host may influence the effect of vitamin D on immunity.



Interesting Optical Illusion

Tech tips:

Tech tips for home computer.

- 1) Here is a web link from PC Magazine on how to find and eliminate hidden viruses. Click on the link below:

<http://www.smartcomputing.com/Editorial/article.asp?article=articles/2010/s2102/53s02/53s02.asp&id=5059&aid=61191>



- 2) Application that receives good reviews in 2009 by PC Magazine. Some of them are for free . Click on the link below:

<http://www.computerpoweruser.com/editorial/article.asp?article=articles%2farchive%2fc1001%2f33c01%2f33c01.asp&id=5069&aid=60797>

3) There are some security vulnerability in older version of Adobe Reader. Fix is to download the latest version. Go to www.adobe.com.

IS contact procedures.

Phone calls or voice mail to x 7500 or email to support@ico.edu are the expected methods for contact the support team with a problem.

Continuing Education – Feb. 21

Come join us on Sunday, February 21, 2010 for 8 hours of continuing education right here at ICO. Six of the hours will be available as TQ, and as always, faculty and students are welcome to attend free of charge. For more information or to register, please check the website or email the CE Coordinator at contininged@ico.edu. Hope to see you there!

Residencies

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South wall.

Scholarships

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
ASCO Student Award in Clinical Ethics	<ul style="list-style-type: none">• 3rd and 4th Year• Essay of up to 1,500 words	\$1,000 and plaque	Due electronically to Sharon Uher Suher@ico.edu by January 8, 2010 (award extended to Feb 19, 2010)
Western Union Foundation's Family Scholarship Program	<ul style="list-style-type: none">• Country of origin for at least one of the applicants must be outside the US• Will help two members of same family	\$1,000 to 5,000	Feb 5, 2010 http://foundation.westernunion.com/ourProgramsScholarships.html
Point Foundation	<ul style="list-style-type: none">• For LGBT student of merit, and leadership	\$25,000 to 33,000	February 12, 2010 visit website: http://www.pointfoundation.org/instructions.html
2010 CLCS Essay Awards (AOA) Four essay awards: Abbott Medical Optics, Ciba Vision, Cooper Vision and Johnson and Johnson Vision Care	<ul style="list-style-type: none">• Student and Residents• Current AOSA Member• Paper on selected topic Guidelines at http://www.aoa.org/x7339.xml	1 st - 2,000 and \$850 travel grant to Optometry's Meeting® Runner-up - \$1,000 and certificate	February 15, 2010 Deadline now March 22, 2010 to e-mail to CLCS@aoa.org . See topics on sheet in Student Affairs Office
Jewish Federation Academic Scholarships	<ul style="list-style-type: none">• Enrollment in "helping" profession• Legal domicile in greater Chicago area• Jewish	From \$1,000 to \$8,000	February 15, 2010 Apply at online: www.jvschicago.org

2010 Carl Zeiss Vision Fellowships	<ul style="list-style-type: none"> • Third year students • One page statement • Curriculum vitae 	\$5,000	Submit electronically by Feb 22, 2010 – 4 PM to suher@ico.edu
Cribb Leadership & Service Award	<ul style="list-style-type: none"> • Award to a member of each class who has shown leadership to ICO 	\$1,000 for 1 st , 2 nd and 3 rd year, \$4,000 for forth year and a plaque	To Doan Huynh, box 176 by March 1, 2010
2010 KaiserEDU.org Essay Contest	<ul style="list-style-type: none"> • Essay on a chosen topic not more than 1000 words • Students in grad or under grad schools • 	\$1,000 1st place \$500 2 nd place	March 8, 2010 http://www.kaiseredu.org/essaycontest2010/
Student of Vision Scholarship- Transitions Optical Inc.	<ul style="list-style-type: none"> • Project in any format on Children's Vision 	\$1,000 for category winner, and \$500 for additional winners	March 10 to education@transitions.com
2010 William C. Ezell Fellowship	<ul style="list-style-type: none"> • Entering or continuing a full-time program of study and training in research that leads to the Masters or Ph.D. degree in vision science. 	\$8,000 and \$750 travel grant	March 12, 2010 – www.aoopt.org/aof/scholarship/ezell
HOYA Vision Care Grant and Scholarship Program	<ul style="list-style-type: none"> • 3rd and 4th years optometry students • Submit a patient case study involving HOYA products. 	One \$1,000 winner at each school and extra \$6,000 scholarship overall	To Student Affairs Office by March 15, 2010. (winners will be invited to the AOA meeting June 17-20, 2010 with paid airfare and hotel room)
AOA Contact Lens & Cornea Section (CLCS) Essay Awards	<ul style="list-style-type: none"> • Student or Residents • Essay on selected topic • Four topics and four 	4 First place winners - \$2,000 and	Email to CLCS@aoa.org by March 22, 2010
The Minnie Flaura Turner Memorial Fund for Impaired Vision Research	<ul style="list-style-type: none"> • 500 word prospectus of research for doctoral thesis • Letter of introduction from supervising faculty member 	\$2,500 and certificate of merit	April 1, 2010 to Minnie Flaura Turner Memorial fund Awards Program
AOSA – The Vision Care Institute™ Travel Grant Essay Contest	<p>Essay 500 max or 300 minimum words on selected topic: How does aging population affect the way you will practice?</p> <ul style="list-style-type: none"> • Travel to Orlando FL for Optometry's Meeting™ in June • One page curriculum vita 	Two \$595 travel grants at each school, Overall one winner \$1,000	April 1, 2010 to assigned faculty person

AOSA – Allergan Travel Grant Essay Contest	<ul style="list-style-type: none"> • Essay 500 max or 300 minimum words on selected topic: Dry Eye: Just an inconvenience or a treatable ocular disorder? • One page curriculum vita • Travel to Orlando FL for Optometry's Meeting™ in June 	Two \$500 travel grants at each school, Overall three winner \$1,000	April 1, 2010 to assigned faculty person
Walman Optical Company Scholarship Program	<ul style="list-style-type: none"> • 2 or 3 year • Complete their application and mail it with transcript 	\$1,000 to 4,000	April 10, 2010 www.walman.com
BSK Student Research Grant Program	<ul style="list-style-type: none"> • Application outline form • Check 222.betasigmakappa.net 	\$1,000	April 10, 2010
2010 Dr. Stanley Pearle Scholarship Fund (OneSight Research Foundation)	<ul style="list-style-type: none"> • Students Graduating in class of 2011, 2012 or 2013 • Complete application- Scholarships will be awarded on a competitive basis 	Ten Scholarships of \$2,000	April 15, 2010 to OneSight Research Foundation Scholarship Committee
John Gyles Education Awards	<ul style="list-style-type: none"> • Canada and U.S. • GPA of 3.0 or above • Financial need 	Up to \$3000	May 1 – applications available at www.johngyleseducationcenter.com

The Student Affairs Office has more information, so stop by and check it out

Fitness Corner

Need Motivation?

Training for a specific event gives you a measurable goal to work towards. So why not do the Shamrock Shuffle or try Hustling Up the Hancock. Find out these and other upcoming fitness related activities by logging on to the Fitness page of the View, <http://theview.ico.edu/ics/Fitness/>.

Pilates just for girls?!?

Pilates has never been "just for women" and its benefits are certainly not gender biased. After all, Pilates was developed by a man, Joseph Pilates, a boxer, and a military trainer in his early years. Here are 10 reasons why you should try Pilates today.

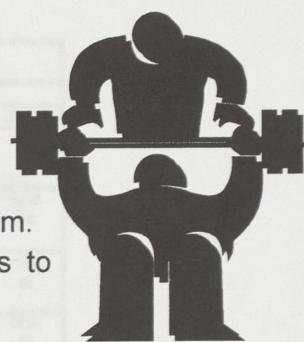
1. Improve your posture
2. Relief from chronic back pain
3. It can help make your body look and feel better.
4. Increase strength and stamina
5. It can relieve stress, depression and anxiety.
6. It is a great mind/ body workout.
7. Increases body awareness building strength and muscle tone.
8. It improves posture, flexibility and circulation.
9. It improves or even cures back, neck and shoulder pain and relieves soreness and muscle

tension.

10. It develops a strong core and improves your balance and co-ordination.

Fitness Work-Study Openings Available Spring Quarter!

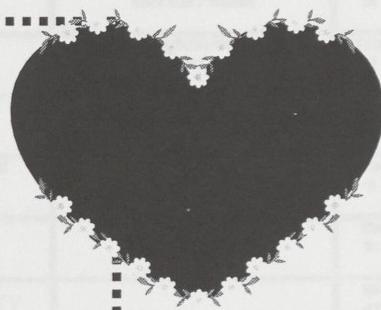
Are you a dependable, conscientious student with an interest in health and fitness? The Fitness & Wellness Department is currently hiring. Fitness Attendants are needed for the following shifts: Monday 10pm-12am; Tuesdays 6-8am; Fridays 6-8am and/or 10pm-12am; Saturdays 6pm-8pm and/or 8-10pm. Please email your interest and fitness/sports/dance related skills and hobbies to Shirmel Richards, srichards@ico.edu.



If You Love a Vegetarian

Cabbage always has a heart;
Green beans string along.
You're such a Tomato,
Will you Peas to me belong?
You've been the Apple of my eye,
You know how much I care;
So Lettuce get together,
We'd make a perfect Pear.
Now, something's sure to Turnip,
To prove you can't be Beet;
So, if you Carrot all for me
Let's let our tulips meet.
Don't Squash my hopes and dreams now,
Bee my Honey, dear;
Or tears will fill Potato's eyes,
While Sweet Corn lends an ear.
I'll Cauliflower shop and say
Your dreams are Parsley mine.
I'll work and share my Celery,
So be my Valentine.

Author Unknown



SPRING 2010 EXAM SCHEDULE

AS OF FEBRUARY 4, 2010

ALL QUIZZES ARE GIVEN AT 8:00-8:50 AM UNLESS OTHERWISE INDICATED			
PLEASE NOTE THE ROOM YOU WILL BE TAKING THE TEST. IT IS NOT ALWAYS THE SAME			
DATE	FIRST YEAR	SECOND YEAR	THIRD YEAR
3/18 T		BHB 256 Ocular Pharmacology Room 1200-1203	
3/18 Th	BHB 111 Neuroanatomy Room 1200-1203	BHB 222 Physical Optics Room 1201-1202	
3/22 M	BHB 116.3 Human Physiology III Room 1200-1203		
3/24 W	CLE 162.3 Optometry 1.3 Room 1200-1203	BHB 246 Visual Perception Room 1201-1202	
3/28 M	CLE 170 Physiological Optics Room 1200-1203	BHB 266 Microbiology Room 1201-1202	
4/1 Th	BHB 140.2 Sensory Aspects Room 1200-1203	BHB 263.2 Ocular Disease II Rooms 1201-1202	
4/8 T		BHB 256 Ocular Pharmacology Room 1200-1203	
4/7 W	BHB 111 Neuroanatomy Room 1200-1203		
4/8 Th		BHB 261 Physical Diagnosis Room 1200-1203	
4/9 F			CLE 376.2 Strab & Amblyopia II Room 1200-1203
4/12 M	BHB 116.3 Human Physiology III Room 1200-1203		
4/13 T		BHB 222 Physical Optics Room 1200-1203	
4/15 Th	CLE 162.3 Optometry 1.3 Room 1200-1203		
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4/19 M	CLE 170 Physiological Optics Room 1200-1203		
4/21 W		BHS 246 Visual Perception Room 1200-1203	
4/23 F	BHB 140.2 Sensory Aspects Room 1200-1203		
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4/28 Th			CLE 376.2 Strab & Amblyopia II Room 1200-1203
4/30 F	BHB 116.3 Human Physiology III Room 1200-1203	BHB 261 Physical Diagnosis Room 1201-1202	
5/3 M	CLE 170 Physiological Optics Room 1200-1203		



ILLINOIS COLLEGE of OPTOMETRY

3241 South Michigan Avenue
Chicago, Illinois 60616-3878

Memo

DATE: January, 2010

TO: ICO Students

FROM: Doan Huynh, Student Association Secretary

RE: Application for Cribb Leadership & Service Award

ICO will recognize various fourth year student leaders during graduation week and current first and second year student leaders at the Fall President's Welcome Awards Ceremony. Current third year students will be recognized during graduation week 2011.

Cribb Leadership and Service Award - This is an award given to a member of each class who has demonstrated outstanding leadership and service to the entire ICO community. The selected first, second and third year individual receives a certificate and \$1,000. The selected fourth year student receives a plaque and \$4,000.

Should you wish to apply for this award, please complete the attached application and submit to Doan Huynh, box 176, by March 1, 2010.

After collecting all applications, the Student Association secretary will present the applications at the next Student Association board meeting. The Student Association officers will review the applications and vote for the individual that is deemed worthy of receiving the award for each class. Applications from each class will be ranked according to the votes received from the SA officers. The Student Association Secretary is responsible for collecting the votes and presenting the top three nominations from each class to the Fellowship & Awards Committee.

Additionally, the class representatives have been asked to nominate students who have been active in the ICO community. This list of student leaders will be presented to the Fellowship & Awards Committee for scholarship considerations.

Thank you to all student leaders for your service to the ICO community.

APPLICATION FOR THE CRIBB LEADERSHIP & SERVICE AWARD

Name _____ Year _____ Box _____ Date _____
(please print)

I want to be considered for the award listed below:

Cribb Leadership and Service Award

Why I want to be considered for the award:

Activities/position(s) that I have been involved in:

Please submit the application to Doan Huynh, Box 176 by **March 1, 2010**. Fourth year students on externship can fax their applications to Sharon Uher in the Student Affairs Office at 312-949-7366 or 7680.

**ATTENTION STUDENTS AND
RESIDENTS!
2010 AWARD OPPORTUNITIES**



American Optometric Association
Contact Lens and Cornea Section

**The AOA Contact Lens & Cornea Section (CLCS) is excited
to announce FOUR essay award opportunities.**

Students/Residents may submit essay papers on the following topics:



"WHAT IS THE FUTURE IN REFRACTIVE TECHNOLOGY?"
supported by: Abbott Medical Optics (AMO)



"MAXIMIZING SAFETY OF CONTACT LENS WEARERS."
supported by: CIBA VISION



"PROBLEM-SOLVING WITH SPECIALTY CONTACT LENS DESIGNS."
supported by: CooperVision



"MY MOST CHALLENGING CONTACT LENS CASE."
supported by: Vistakon®

Each of the four essay awards includes:

- One first-place winner receiving a \$2,000 check, \$850 Optometry's Meeting® travel grant, a prestigious plaque, and acknowledgement in the CLCS e-newsletter and webpage.
- Two "runner-up" winners, each receiving a \$1,000 check, certificate and acknowledgement in the CLCS e-newsletter and webpage.

Four First Place Winners & Eight "Runner-ups"

Award Submission Criteria:

1. Must be a current AOSA and CLCS member. (All members of AOSA are also members of CLCS)
2. Must meet the new submission deadline of March 22, 2010.
3. Must include complete contact information with submission.
4. Must specify which topic the award submission essay paper covers.
5. Must include a reference page.
6. First-place winners must be present at the 2010 CLCS Awards Reception on Friday, June 18, 2010 in Orlando, FL.

See the 2009 winning papers at <http://www.aoa.org/x7339.xml> for guidance.

The CLCS Awards Committee will review and score the research papers on relevancy, clinical findings/analysis, conclusion and write-up. Highest score wins!

The school/college with the highest submission percentage will earn a complimentary Pizza Party for the participants!

***New submissions deadline is March 22, 2010 - e-mail to CLCS@aoa.org – include subject line: Student-Resident Essay Award Submission.

Participants will be notified of the committee's decision prior to May 10. For further information, contact Lauren Sansone at 800-365-2219, ext. 4224 or by email at LNSansone@aoa.org.

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Focal Point

C A M P U S N E W S

Commencement News

Commencement Activities

Mark your calendars for Wed., May 19th. We are planning our annual event called the Commencement Capstone Program that we encourage all degree candidates to attend. The day will start with commencement rehearsal, leaving by trolley from ICO at 12:30 p.m. Following rehearsal there will be social time, awards presentations, time to visit with corporate sponsors concluding with cap and gown, and Yearbook pick-up. All degree candidates are encouraged to attend the day's events.

Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 11 a.m. on Saturday, May 22nd. Rockefeller Chapel is located on 5850 S. Woodlawn Ave. A reception honoring the Class of 2010 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel.

Hotel Rooms

Have you reserved hotel rooms for commencement week for you and your family? If not, please do so ASAP, this is a very busy week-end in Chicago because of the restaurant convention.

2010 Commencement Choir

Any faculty or O.D. degree candidates who would like to be part of this year's commencement choir, please contact Laura Gengelbach, lgengelbach@eyedoc.ico.edu. at your earliest convenience. Come join us on this exciting day to sing the ICO Alma Mater.

Commencement Speaker – The Honorable Kwame Raoul

The Honorable Kwame Raoul, Illinois State Senator of the 13th District, has been invited

"Late February, and the air's so balmy snowdrops and crocuses might be fooled into early blooming. Then, the inevitable blizzard will come, blighting our harbingers of spring, and the numbed yards will go back undercover. In Florida, it's strawberry season—shortcake, waffles, berries and cream will be penciled on the coffeeshop menus."

- Gail Mazur, *The Idea of Florida During a Winter Thaw*



to serve as the 2010 commencement speaker. Senator Kwame earned his bachelor's degree in political science from DePaul University and his law degree from Chicago-Kent College of Law. Senator Raoul is a former Cook County prosecutor and continues to work as Senior Attorney for the City Colleges of Chicago. He is the founder and director of the Janin and Marie Raoul Foundation, which promotes health care as a human right. Senator Raoul is from Haiti and still has family living there.

Hooding Tradition

ICO extends the opportunity for a parent or sibling who is a graduate of ICO to participate in your hooding at the Commencement ceremony. Forms are attached to the Commencement newsletter which was emailed to you in January. If you would like to participate in this tradition, please complete the form and return it to Sharon Uher in the Student Affairs Office by March 1st.

Graduation with Honors

Dr. Colip

For those students interested in graduating "with honors" the required cumulative GPA in each category at ICO is:

Summa Cum Laude – 3.90 to 4.00

Magna Cum Laude – 3.75 – 3.89

Cum Laude – 3.50 – 3.74

Go for it!

Tech tips:

Ahmed Mohammad

Keep Your Notebook Dust-Free

(From <http://www.smartcomputing.com>)

The best tool for removing dust from your notebook is a can of compressed air with a straw extension, so you can blow out debris stuck in hard-to-reach places, such as underneath the keyboard. And to keep your laptop monitor looking bright, you should invest in antistatic monitor wipes. The antistatic wipes are premoistened with a quick-drying no-streak compound to ensure you'll remove dust, dirt, and lint from the monitor without injuring the screen.

ICO phone directory web page:

<http://twp.ico.edu>

IS contact procedures.

Phone calls or voice mail to x 7500 or email to support@ico.edu are the expected methods for contact the support team with a problem.

Spotlight on the Library

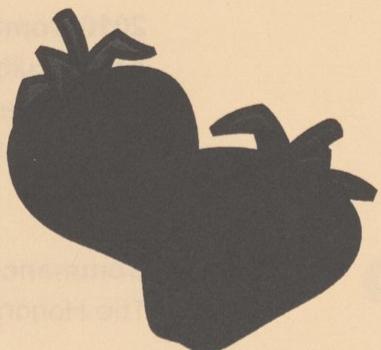
by Jeff Proehl, Information Systems Librarian and
Theresa Ciupinski, Library Service Clerk

Finals and Break Week Hours

Friday, Feb. 19 8am-12am

Saturday, Feb. 20 8am-5pm

Sunday, Feb. 21 CLOSED



Mon-Fri Feb. 22-26 9am-5pm
Sat-Sun Feb 27-28 CLOSED
Monday, March 1 Resume Regular Hours

New Poster

There is a new poster on display in the library lobby, "Comparison of ICare Tonometer To The Tono-pen In Children" by Sandra Block, Erik Ranta, Daniel Hermanson, and Colin Conners. Stop in to see it, please direct all questions to the authors.

Off-Campus Externs

Externs whose sites are more than fifty miles from ICO may receive copies of articles that they need for free. The Library will also mail books without charge to externs. Please send your requests to the library email address at cshepard@ico.edu.

Preparations for Boards

Boards Part I is steadily approaching and these books may help! In addition to the NBEO books on reserve, check out these ophthalmology board review books. For most of these, the most recent version is on reserve and can be checked out for a week. The older editions are in the stacks and may be checked out for four weeks. Titles include:

Review Questions in Ophthalmology: a Question and Answer Book by Chern
(RE49.C5)

Massachusetts Eye and Ear Infirmary Review Manual for Ophthalmology (RE49 .L3)
Kanski's Ophthalmology in Focus (RE49.K3593)

Keep in mind that the weekend of Feb. 26th, the library will be closed and reserve books checked out after 3pm on Friday will not be due back until Monday, March 1st at 9 am and can be returned anytime during the weekend using our new over-night drop box.

Helpful websites include the Harvard Digital Journal of Ophthalmology <http://www.djo.harvard.edu/>, the University of Manitoba Ophthalmology Internet Tutorial at <http://umanitoba.ca/faculties/medicine/units/ophthalmology/> and the RED Atlas (Recognizing Eye Disease: a Visual Review of Ophthalmic Disorders) at <http://redatlas.org>. All have practice test questions covering various eye diseases.

New Books

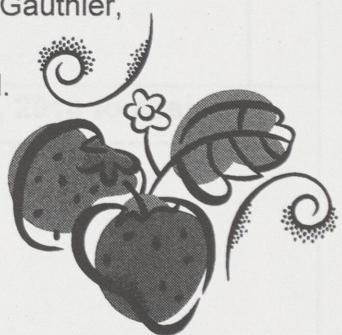
The Library's new book shelves are located across from the first floor Ricoh printer/photocopier/scanner near the restrooms. Some of the new books for January include:

Perceptual Expertise: Bridging Brain and Behavior, edited by Isabel Gauthier, Michael J. Tarr, and Daniel Bub. BF241.P438 2010

Avoiding Fraud and Abuse in the Medical Office, by Brian Kalver et al.
KF3821.A86 2009

Looking and Acting: Vision and Eye Movements in Natural Behaviour,
by Michael F. Land and Benjamin W. Tatler. QP477.5 .L36
2009

Have a wonderful break!



Residencies

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South wall.

Scholarships

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
ASCO Student Award in Clinical Ethics	<ul style="list-style-type: none"> • 3rd and 4th Year • Essay of up to 1,500 words 	\$1,000 and plaque	Due electronically to Sharon Uher Suher@ico.edu by January 8, 2010 (award extended to Feb 19, 2010)
2010 Carl Zeiss Vision Fellowships	<ul style="list-style-type: none"> • Third year students • One page statement • Curriculum vitae 	\$5,000	Submit electronically by Feb 22, 2010 – 4 PM to suher@ico.edu
Cribb Leadership & Service Award	<ul style="list-style-type: none"> • Award to a member of each class who has shown leadership to ICO 	\$1,000 for 1 st , 2 nd and 3 rd year, \$4,000 for forth year and a plaque	To Doan Huynh, box 176 by March 1, 2010
2010 KaiserEDU.org Essay Contest	<ul style="list-style-type: none"> • Essay on a chosen topic not more than 1000 words • Students in grad or under grad schools • 	\$1,000 1 st place \$500 2 nd place	March 8, 2010 http://www.kaiseredu.org/essaycontest2010/
Student of Vision Scholarship- Transitions Optical Inc.	<ul style="list-style-type: none"> • Project in any format on Children's Vision 	\$1,000 for category winner, and \$500 for additional winners	March 10 to education@transitions.com
2010 William C. Ezell Fellowship	<ul style="list-style-type: none"> • Entering or continuing a full-time program of study and training in research that leads to the Masters or Ph.D. degree in vision science. 	\$8,000 and \$750 travel grant	March 12, 2010 – www.aaopt.org/aof/scholarship/ezell
AAO- Student Travel Fellowships	<ul style="list-style-type: none"> • Money to attend Association for Research in Vision and Ophthalmology (ARVO) on May 2-6, 2010 in Fort Lauderdale, FL • Present a paper or poster 	\$750	Applications are due Friday, March 12, 2010

Optometric Physicians of Washington OPW Student Member of the Year Award – 2009-10 Nominations	<ul style="list-style-type: none"> Fourth year OPW student member in good standing Professional leadership, academic achievement and public concern Curriculum vitae and 3 letters of recommendation 	\$250.00	Mail or fax nominations no later than March 15, 2010
HOYA Vision Care Grant and Scholarship Program	<ul style="list-style-type: none"> 3rd and 4th years optometry students Submit a patient case study involving HOYA products. 	One \$1,000 winner at each school and extra \$6,000 scholarship overall	To Student Affairs Office by March 15, 2010. (winners will be invited to the AOA meeting June 17-20, 2010 with paid airfare and hotel room)
AOA Contact Lens & Cornea Section (CLCS) Essay Awards	<ul style="list-style-type: none"> Student or Residents Essay on selected topic Four topics and four 	4 First place winners - \$2,000 and	Email to <u>CLCS@aoa.org</u> by March 22, 2010
Travel Fellowships for ARVO or AOA meetings (from ICO Dean's Office)	<ul style="list-style-type: none"> ICO third or fourth year First or second year who is an author of an accepted poster or paper abstract 	\$500	To Dr. Mary Flynn Roberts by 5 PM, March 29, 2010
The Minnie Flaura Turner Memorial Fund for Impaired Vision Research	<ul style="list-style-type: none"> 500 word prospectus of research for doctoral thesis Letter of introduction from supervising faculty member 	\$2,500 and certificate of merit	April 1, 2010 to Minnie Flaura Turner Memorial fund Awards Program
AOSA – The Vision Care Institute™ Travel Grant Essay Contest	<ul style="list-style-type: none"> Essay 500 max or 300 minimum words on selected topic: How does aging population affect the way you will practice? Travel to Orlando FL for Optometry's Meeting™ in June One page curriculum vita 	Two \$595 travel grants at each school, Overall one winner \$1,000	April 1, 2010 to assigned faculty person
AOSA – Allergan Travel Grant Essay Contest	<ul style="list-style-type: none"> Essay 500 max or 300 minimum words on selected topic: Dry Eye: Just an inconvenience or a treatable ocular disorder? One page curriculum vita Travel to Orlando FL for Optometry's Meeting™ in June 	Two \$500 travel grants at each school, Overall three winner \$1,000	April 1, 2010 to assigned faculty person

Walman Optical Company Scholarship Program	<ul style="list-style-type: none"> • 2 or 3 year • Complete their application and mail it with transcript 	\$1,000 to 4,000	April 10, 2010 www.walman.com
BSK Student Research Grant Program	<ul style="list-style-type: none"> • Application outline form • Check 222.betasigmakappa.net 	\$1,000	April 10, 2010
2010 Dr. Stanley Pearle Scholarship Fund (OneSight Research Foundation)	<ul style="list-style-type: none"> • Students Graduating in class of 2011, 2012 or 2013 • Complete application- Scholarships will be awarded on a competitive basis 	Ten Scholarships of \$2,000	April 15, 2010 to OneSight Research Foundation Scholarship Committee
John Gyles Education Awards	<ul style="list-style-type: none"> • Canada and U.S. • GPA of 3.0 or above • Financial need 	Up to \$3000	May 1 – applications available at www.johngyleseducationcenter.com

The Student Affairs Office has more information, so stop by and check it out

Fitness Corner

Break Week 2010 Group Exercise Schedule

This is a great time to try a group exercise class. During break week, all classes are slower paced and designed for the newbie

Monday 2/22	Tuesday 2/23	Wednesday 2/24	Thursday 2/25	Friday 2/26
Intro to Step 12-12:30pm Kristine	Pilates Intro 1:30-2pm Shirmel	Hatha Yoga 1-1:45pm DN Z	Intro Sculpt 1:15-2pm Shirmel	Cycling Intro 12:30-1pm Kristine

Note: Look out for the Spring schedule by checking online at the Fitness page of the View.

Class Descriptions:

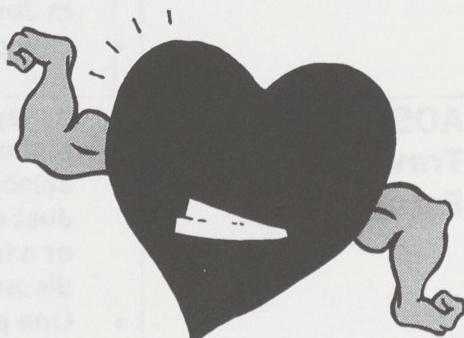
Intro to Step: Don't know your left basic from a L-step? Learn the basic terms used in a Step class.

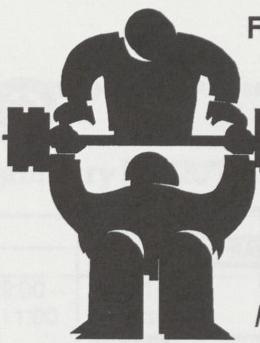
Cycling Intro: Learn how to setup your bike correctly and the basic moves used in an indoor cycling class.

Pilates Intro: This class reviews the basic foundation of Pilates.

Intro to Yoga: This class reviews the basic foundation of Hatha Yoga.

Intro Sculpt: Get a total body strength workout in less than an hour!





Fitness Work-Study Openings Available Spring Quarter!

Are you a dependable, conscientious student with an interest in health and fitness? The Fitness & Wellness Department is currently hiring. Fitness Attendants are needed for the following shifts: Monday 10pm-12am; Tuesdays 6-8am; Fridays 6-8am and/or 10pm-12am; Saturdays 6pm-8pm and/or 8-10pm.

Please email your interest and fitness/sports/dance related skills and hobbies to Shirmel Richards, srichards@ico.edu.

Recipe for British Strawberry Fools

Dating as far back as the sixteenth century, this classic British dessert has seen its popularity ebb and flow. A fruit fool is made with cooked or raw fruit that is pureed or mashed, then sweetened, chilled, and finally folded into stiffly beaten whipped cream "Fool" is believed to have originated from the French word "fouler" which means "to mash" or "to press".

STRAWBERRY FRUIT FOOL:

1 cup (240 ml) strawberry puree

1 cup (240 ml) heavy whipping cream

1 tablespoon (12 grams) granulated white sugar

Strawberry Puree:

1 pound bag (454 grams) frozen unsweetened strawberries

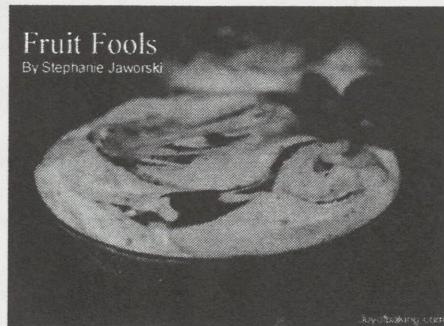
1/3 cup plus 2 tablespoons (90 grams) granulated white sugar

Strawberry Fruit Fool:

For the Strawberry Puree: Thaw the strawberries (this will take a few hours). Place the strawberries in a food processor, fitted with a steel blade, and process until the berries are pureed. Transfer to a bowl and stir in the sugar. Taste and add more sugar if necessary. Refrigerate for several hours or overnight.

For Strawberry Fruit Fool: Place mixing bowl and whisk attachment in the refrigerator or freezer for about 15 minutes or until very cold. Whip the cream until soft peaks form. Add the sugar and continue to whip until stiff peaks form. With a rubber spatula gently fold in the strawberry puree, leaving some streaks of the white whipping cream. Pour the fool into four - individual long stemmed parfait or wine glasses. Cover and refrigerate until serving time. Can be made about 4 hours before serving. Garnish with a fresh strawberry.

Each English Fruit Fool recipe makes four servings.



SPRING 2010 EXAM SCHEDULE

AS OF FEBRUARY 4, 2010

ALL QUIZZES ARE GIVEN AT 8:00-8:50 AM UNLESS OTHERWISE INDICATED			
PLEASE NOTE THE ROOM YOU WILL BE TAKING THE TEST. IT IS NOT ALWAYS THE SAME			
DATE	FIRST YEAR	SECOND YEAR	THIRD YEAR
3/16 T		BHS 256 Ocular Pharmacology Room 1200-1203	
3/18 Th	BHS 111 Neuroanatomy Room 1200-1203	BHS 222 Physical Optics Room 1201-1202	
3/22 M	BHS 116.3 Human Physiology III Room 1200-1203		
3/24 W	CLE 162.3 Optometry 1.3 Room 1200-1203	BHS 246 Visual Perception Room 1201-1202	
3/29 M	CLE 170 Physiological Optics Room 1200-1203	BHS 266 Microbiology Room 1201-1202	
4/1 Th	BHS 140.2 Sensory Aspects Room 1200-1203	BHS 263.2 Ocular Disease II Rooms 1201-1202	
4/6 T		BHS 256 Ocular Pharmacology Room 1200-1203	
4/7 W	BHS 111 Neuroanatomy Room 1200-1203		
4/8 Th		BHS 261 Physical Diagnosis Room 1200-1203	
4/9 F			CLE 376.2 Strab & Amblyopia II Room 1200-1203
4/12 M	BHS 116.3 Human Physiology III Room 1200-1203		
4/13 T		BHS 222 Physical Optics Room 1200-1203	
4/15 Th	CLE 162.3 Optometry 1.3 Room 1200-1203		
4/16 F		BHS 263.2 Ocular Disease II Room 1200-1203	
4/19 M	CLE 170 Physiological Optics Room 1200-1203		
4/21 W		BHS 246 Visual Perception Room 1200-1203	
4/23 F	BHS 140.2 Sensory Aspects Room 1200-1203		
4/26 M		BHS 256 Ocular Pharmacology Room 1200-1203	
4/27 T	BHS 111 Neuroanatomy Room 1200-1203		
4/29 Th			CLE 376.2 Strab & Amblyopia II Room 1200-1203
4/30 F	BHS 116.3 Human Physiology III Room 1200-1203	BHS 261 Physical Diagnosis Room 1201-1202	
5/3 M	CLE 170 Physiological Optics Room 1200-1203		

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**ILLINOIS COLLEGE OF OPTOMETRY**

SPRING QUARTER 2010

February 11, 2010

	Saturday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	May 8	May 10	May 11	May 12	May 13	May 14	May 15
9:00 – 11:00	BHS 140.2 Sensory Aspects	BHS-266 Microbiology	BHS 222 Theoretical & Physical Optics		BHS 246 Visual Perception		CLE 170 Optics
11:30 – 1:30		BHS 111 Neuroanatomy	CLE 162.3 Optometry 1.3		BHS 116.3 Human Physiology & Pathology III		
1:45 – 3:45	CLE 376.2 Strabismus & Amblyopia						BHS 263.2 Ocular Disease II Start at 2:30pm
4:00 – 6:00	BHS 256 Ocular Pharmacology						

**ATTENTION: MAKE-UP DATES FOR ALL FINAL EXAMS WILL BE
MONDAY, MAY 17th AND TUESDAY, MAY 18th.**

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ICO Student Newsletter - Editor: Kathy Olson x7401 - March 5, 2010

Focal Point

C A M P U S N E W S

EyeBall Dance



The EyeBall will be hosted at Chicago's beautiful Shedd Aquarium coming up Saturday, March 20, 2010. Start off your evening enjoying the skyline view with a cocktail hour amongst the dolphins and beluga whales in the Oceanarium, followed by dinner, dessert and dancing surrounded by aquatic creatures from all around the world in the main exhibit hall!

Don't miss the sign up - you have through lunch hours on Tuesday, March 9, to purchase a ticket. Tickets are \$65 and include transportation to and from the event, dinner, two drinks, a dessert buffet, a narrated dive, and all the dancing you can handle!

Any questions contact me at emotherbsaug@eyedoc.ico.edu; see you there!
Erik J. Mothersbaugh, President-Elect, ICO Student Association

ICO Summer Program!

Last year's summer program was a huge success! We had twenty students from around the U.S. participate. We will again offer the Focus on Your Future Summer program this summer for underrepresented minority undergraduate students.

The program is a weeklong experience that will expose undergraduate students to the profession of optometry in a variety of settings. Participants will have the opportunity to meet and work with current optometry students, ICO Faculty & Staff, as well as practicing optometrists.

Students will be housed at no charge in our Residential Complex. There is no cost to participate in this program. Participants are responsible for their travel expenses and/or transportation cost to and from ICO.

"Spring is when you feel like whistling even with a shoe full of slush."

- Doug Larson



If you know of anyone who may be interested in the program, please have them visit our website for more details.

The next Focal Point will come March 19, 2010.

Program Dates: Monday, July 19, through Friday, July 23, 2010
Application Period: Monday, March 1 through Monday, April 5, 2010

If you have any questions or are interested in assisting during the week, please feel free to contact: Teisha Johnson, M.S., Director of Admissions/Marketing, tjohnson@ico.edu, X7407

Michigan

Michigan Optometric Association welcomes Student Members

Have you considered practicing in Michigan? The Michigan Optometric Association invites you to become a Student Member of their organization. Check them out at <http://michigan.aoa.org/>. The application for student membership is now also on theview at http://theview.ico.edu/ics/icsfs/student_application_mosa.pdf?target=e52c95be-ea1b-4e6e-8ef2-bc53c8517961

It's never too early to begin networking and finding out about opportunities in your state.

Polar Plunge

Special Olympics Chicago is having its 10th Annual Polar Plunge this coming Sunday. The details are listed below. There are also two separate links to register as a participant and to donate to ICO's team: Blue Sclera. Please contact me with any questions or comments. We hope to see you there!

What: 10th Annual Chicago Polar Plunge Benefiting Special Olympics Chicago & Special Children's Charities

Where: North Avenue Beach, Chicago IL

At a newly expanded & HEATED venue this year!

When: Sunday March 7th, 2010

Registration begins at 9am; the Plunge begins at 10:15 am and will be followed by a Meltdown Party (11am-2pm). Free food for all, and Cash Bar

Prizes for: best costume, biggest fundraisers & largest group

Sign up for ICO's team: Blue Sclera by registering at: chicagopolarplunge.org OR sign up at:

www.active.com/registerIndex.cfm?event_id=1818913&subevent_id=1285357&team_id=750117

Donate to ICO's Team: Blue Sclera at www.active.com/donate/chicagopolarplunge10/RSaiyed

Rahi Saiyed, Community Service Director-Elect, Student Association,
rsaiyed@eyedoc.ico.edu



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Spotlight on the Library

by Jeff Proehl, Information Systems Librarian and
Theresa Ciupinski, Library Service Clerk

New Springer E-Book Collection

The new Springer E-Book Collection is available online through the Library website, <http://icolibrary/library.htm>. The list of e-books can be found using the "Power Search" option and changing the library to Carl Shepard and the location to Internet Resource. Some interesting titles include:

Clinical neuro-ophthalmology: a practical guide / Ulrich Schiefer, Helmut Wilhelm, William Hart editors

Cornea and external eye diseases / T Reinhard, D.F.P. Larkin editors

Glaucoma / Franz Grehn, Robert Stamper editors

Handbook of pediatric retinal disease / Kenneth Wright, Peter H. Spiegel, Lisa S Thompson editors

Spring Quarter Reserves

With the start of a new quarter, the library has changed its reserves. You can find any book from any Spring 2010 syllabus available for three-hour check out behind the front desk of the library. Three hours before closing, reserve books also can be checked out overnight, and due the next morning within an hour of when we open. The library also may have older editions of required textbooks that are available for four weeks at a time and may be renewed unless requested by another user.

The new overnight drop box makes it more convenient to check out reserve materials for after-hours use, especially on weekends and during breaks. Please see a member of the library staff if you have questions or need assistance.

New Study Space on the Second Floor

There is a new small study room on the second floor of the library. The space can be reserved for four hours at a time through the library website's booking feature or with the help of a library staff member. To book a room by yourself, go to the library's website and click on Online Catalog. Search by title for "study room" in the Carl Shepard Library, click on Booking on the blue toolbar, and then, under the booking tab enter your student id in the Alt ID box to make your reservation. Please contact a library staff member if you would like a lesson or would like us to book the room for you.

New Poster on Display

The poster, "A Prospective Study on Diagnosing Optic Nerve Hypoplasia using Heidelberg Retina Tomograph and Fundus Photographs" by Dr. Yi Pang, Dr. Kelly Frantz and Michael Yu can now be viewed in the library lobby. Please direct all questions to the authors.

Student Faxing on Campus

The bookstore currently offers faxing services to students during its hours of operation. When the book store is closed students may see a member of the library staff for faxing needs.

New Books

The Library's new book shelves are located across from the first floor Ricoh printer/photocopier/scanner near the restrooms. Some of the new books for March include:

The Retina in Systemic Disease: Color Manual of Ophthalmoscopy, by Homayoun Tabandeh and Morton F. Goldberg. RE551.T26 2009

Handbook for Health Care Research, by Robert L. Chatburn. R850.C43 2011

100 Questions & Answers about Macular Degeneration, by Jeffrey S. Heier. RE661.D3 H47 2011

We hope you had a great first week back from break and are ready to spring ahead into the new quarter. Don't forget Day Light Savings time is Sunday, March 14th!

2010-11 RC Room Assignments

If you are interested in living in the RC for the 2010-11 academic year, please sign up in the Student Affairs Office. The sign-up sheet will be available starting Monday, March 8th until Friday, March 26th.

Maino's Memos

Maino's Memos contains the latest research and information about eye and vision care of children, those with developmental disabilities, Traumatic/Acquired Brain Injury and other topics of interest. Please note that if you are reading this online, all links should be active. Click on the titles for more information. Go to:

<http://www.mainosmemos.blogspot.com> for the latest research

More on the Avatar 3 D Movie Syndrome

Alice in Wonderland and Avatar - More 3D news

Watch Dr. Carl Hillier on TV discussing "Avatar" 3D Vision Syndrome on San Diego Living. Don't forget to look at my interview on ABC WLS TV as well. DM

Does Your Child Need Vision Therapy?

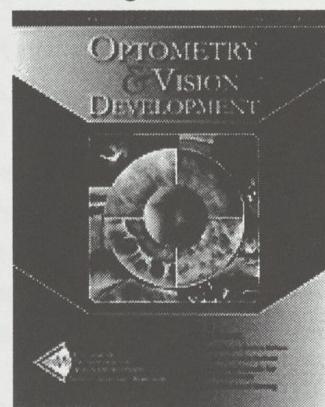
If your child sees perfectly but still has trouble in class, it may have something to do with their eyes and their brain Watch this video.

Become a Facebook Fan on the Optometry & Vision Development Facebook Page

AOA Journal, Optometry Fan

Become a Facebook fan of Optometry, the journal of the American Optometric Association at

<http://www.facebook.com/pages/Optometry-Journal-of-the-American-Optometric-Association/325588922550?ref=nf&v=wall#!/pages/Optometry-Journal-of-the-American-Optometric-Association/325588922550?v=wall&ref=nf>



ICO at the International Congress of Behavioral Optometry Poster Program

Screening For Auditory-Visual-Proprioceptive Processing Deficits in Patients With ABI/TBI

Deborah Zelinsky, OD, FCOVD, Vassilis Kokotas, Optometrist (DZ ICO graduate)
InfantSEE®: An Early Intervention to Vision Development in Infants
Mark Schwartz, M.P.H, Glen Steele, OD, FCOVD, Pam Lowe, Walter Morton, Jim Spangler, OD. (PL ICO graduate)
Unilateral Optic Nerve Hypoplasia and Vision Loss in Childhood
Christine Allison, OD, FAAO, FCOVD and Rachael Beatty, OD
A Gun Shot to the Head: Oculo-visual & Perceptual Anomalies
Dominick M. Maino, OD, MEd, FAAO, FCOVD-A, Darrell Schlange, OD, DOS, Robert Donati, PhD, Bakouris C, Nikoniuk M.

Bifocals and Down's syndrome: correction or treatment?

Bifocals and Down's syndrome: correction or treatment? Al-Bagdady M, Stewart RE, Watts P, Murphy PJ, Woodhouse JM. *Ophthalmic Physiol Opt*. 2009 Jul;29(4):416-21. Epub 2009 May 11.

.... Bifocals are an effective correction for the reduced accommodation in children with DS and also act to improve accommodation with a success rate of 65%. Bifocal wear can therefore be temporary, i.e. a 'treatment' for the deficit, in at least one third of children

Comments: Make sure your patients with Down Syndrome have multifocal lenses!

Do Toxins Cause Autism?

Autism was first identified in 1943 in an obscure medical journal. Since then it has become a frighteningly common affliction, with the Centers for Disease Control reporting recently that autism disorders now affect almost 1 percent of children.

Cognitive Effects of Topiramate in Migraine Patients Aged 12 Through 17 Years

...The most common cognitive and neuropsychiatric adverse events with a higher incidence in the topiramate 50 and 100 mg/day groups vs placebo were anorexia (9% and 11% vs 3%), insomnia (9% and 3% vs 3%), fatigue (6% and 9% vs 6%), and dizziness (6% and 9% vs 0%). Thus, topiramate 100 mg/day was associated with modest increases in psychomotor reaction times. Learning, memory, and executive function were unchanged. The tolerability profile, including cognitive adverse events, appeared to be acceptable....

Untreated Vision Problems In Elderly Associated With Increased Risk Of Cognitive Decline.

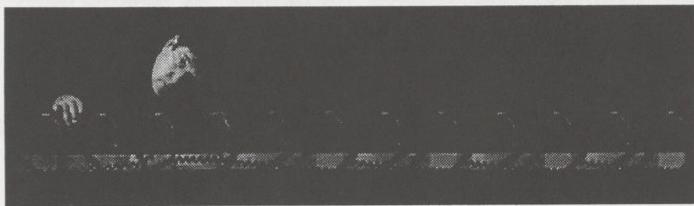
From AOA News:

MedPage Today (2/23, Bankhead) reported that, according to a study published online in the American Journal of Epidemiology, "untreated vision problems in older age are associated with an increased risk of decline in cognitive function and Alzheimer's disease." In a study of "625 participants followed for an average of 10 years," researchers found that "uncorrected poor vision was associated with a five- to 10-fold greater risk of Alzheimer's disease and a five-fold greater risk of cognitive decline without dementia, compared with older people who had very good or excellent vision."

Reuters (2/24, Norton) reports that while it remains unclear why untreated vision problems contribute to dementia, one study author theorized that poor vision may prevent some seniors from fully taking part in a social life, exercising, reading, and

performing activities to keep their minds active, all of which could help stave off dementia.

Amazing 3D Photography by Almont Green



I just received an email from a wonderful photographer who specializes in 3D photography. He has developed a keen interest in binocularity and stereopsis because of this.

Differential development of visual attention skills in school-age children

...Children aged 7–17 years and adults aged 18–22 years were tested on three aspects of visual attention: the ability to distribute visual attention across the field to search for a target, the time required for attention to recover from being directed towards a target, and the number of objects to which attention can be simultaneously allocated. The data suggested different developmental trajectories for these components of visual attention within the same set of participants. This suggests that, to some extent, spatial, temporal and object-based attentional processes are subserved by different neural resources which develop at different rate. In addition, participants who played action games showed enhanced performance on all aspects of attention tested as compared to non-gamers. These findings reveal a potential facilitation of development of attentional skills in children who are avid players of action video games. As these games are predominantly drawing a male audience, young girls are at risk of under-performing on such tests, calling for a careful control of video game usage when assessing gender differences in attentional tasks.

Commencement News

Commencement Activities

Mark your calendars for Wed., May 19th. We are planning our annual event called the Commencement Capstone Program that we encourage all degree candidates to attend. The day will start with commencement rehearsal, leaving by trolley from ICO at 12:30 p.m. Following rehearsal there will be social time, awards presentations, time to visit with corporate sponsors concluding with cap and gown, and Yearbook pick-up. All degree candidates are encouraged to attend the day's events.

Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 11 a.m. on Saturday, May 22nd. Rockefeller Chapel is located on 5850 S. Woodlawn Ave. A reception honoring the Class of 2010 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel

Hotel Rooms

Have you reserved hotel rooms for commencement week for you and your family? If not, please do so ASAP, this is a very busy week-end in Chicago because of the restaurant convention.

2010 Commencement Choir

Any faculty or O.D. degree candidates who would like to be part of this year's commencement choir, please contact Laura Gengelbach, lgengelbach@eyedoc.ico.edu.

at your earliest convenience. Come join us on this exciting day to sing the ICO Alma Mater.

Commencement Speaker – The Honorable Kwame Raoul

The Honorable Kwame Raoul, Illinois State Senator of the 13th District, has been invited to serve as the 2010 commencement speaker. Senator Kwame earned his bachelor's degree in political science from DePaul University and his law degree from Chicago-Kent College of Law. Senator Raoul is a former Cook County prosecutor and continues to work as Senior Attorney for the City Colleges of Chicago. He is the founder and director of the Janin and Marie Raoul Foundation, which promotes health care as a human right. Senator Raoul is from Haiti and still has family living there.

Hooding Tradition

ICO extends the opportunity for a parent or sibling who is a **graduate of ICO** to participate in your hooding at the Commencement ceremony. Forms are attached to the Commencement newsletter which was emailed to you in January. If you would like to participate in this tradition, please complete the form and return it to Sharon Uher in the Student Affairs Office by March 1st.

Residencies

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South wall.

Scholarships

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
2010 KaiserEDU.org Essay Contest	<ul style="list-style-type: none">• Essay on a chosen topic not more than 1000 words• Students in grad or under grad schools• 	\$1,000 1 st place \$500 2 nd place	March 8, 2010 http://www.kaiseredu.org/essaycontest2010/
Student of Vision Scholarship- Transitions Optical Inc.	<ul style="list-style-type: none">• Project in any format on Children's Vision	\$1,000 for category winner, and \$500 for additional winners	March 10 to education@transitions.com
2010 William C. Ezell Fellowship	<ul style="list-style-type: none">• Entering or continuing a full-time program of study and training in research that leads to the Masters or Ph.D. degree in vision science.	\$8,000 and \$750 travel grant	March 12, 2010 – www.aaopt.org/aof/scholarship/ezell

AAO- Student Travel Fellowships	<ul style="list-style-type: none"> • Money to attend Association for Research in Vision and Ophthalmology (ARVO) on May 2-6, 2010 in Fort Lauderdale, FL • Present a paper or poster 	\$750	Applications are due Friday, March 12, 2010
Optometric Physicians of Washington OPW Student Member of the Year Award – 2009-10 Nominations	<ul style="list-style-type: none"> • Fourth year OPW student member in good standing • Professional leadership, academic achievement and public concern • Curriculum vitae and 3 letters of recommendation 	\$250.00	Mail or fax nominations no later than March 15, 2010
HOYA Vision Care Grant and Scholarship Program	<ul style="list-style-type: none"> • 3rd and 4th years optometry students • Submit a patient case study involving HOYA products. 	One \$1,000 winner at each school and extra \$6,000 scholarship overall	To Student Affairs Office by March 15, 2010. (winners will be invited to the AOA meeting June 17-20, 2010 with paid airfare and hotel room)
AOA Contact Lens & Cornea Section (CLCS) Essay Awards	<ul style="list-style-type: none"> • Student or Residents • Essay on selected topic • Four topics and four 	4 First place winners - \$2,000 and	Email to CLCS@aoa.org by March 22, 2010
Travel Fellowships for ARVO or AOA meetings (from ICO Dean's Office)	<ul style="list-style-type: none"> • ICO third or fourth year • First or second year who is an author of an accepted poster or paper abstract 	\$500	To Dr. Mary Flynn Roberts by 5 PM, March 29, 2010
The Minnie Flaura Turner Memorial Fund for Impaired Vision Research	<ul style="list-style-type: none"> • 500 word prospectus of research for doctoral thesis • Letter of introduction from supervising faculty member 	\$2,500 and certificate of merit	April 1, 2010 to Minnie Flaura Turner Memorial fund Awards Program
AOSA – The Vision Care Institute™ Travel Grant Essay Contest	<ul style="list-style-type: none"> • Essay 500 max or 300 minimum words on selected topic: How does aging population affect the way you will practice? • Travel to Orlando FL for Optometry's Meeting™ in June • One page curriculum vita 	Two \$595 travel grants at each school, Overall one winner \$1,000	April 1, 2010 to assigned faculty person

AOSA – Allergan Travel Grant Essay Contest	<ul style="list-style-type: none"> • Essay 500 max or 300 minimum words on selected topic: Dry Eye: Just an inconvenience or a treatable ocular disorder? • One page curriculum vita • Travel to Orlando FL for Optometry's Meeting™ in June 	Two \$500 travel grants at each school, Overall three winner \$1,000	April 1, 2010 to assigned faculty person
Walman Optical Company Scholarship Program	<ul style="list-style-type: none"> • 2 or 3 year • Complete their application and mail it with transcript 	\$1,000 to 4,000	April 10, 2010 www.walman.com
BSK Student Research Grant Program	<ul style="list-style-type: none"> • Application outline form • Check 222.betasigmakappa.net 	\$1,000	April 10, 2010
2010 Dr. Stanley Pearle Scholarship Fund (OneSight Research Foundation)	<ul style="list-style-type: none"> • Students Graduating in class of 2011, 2012 or 2013 • Complete application-Scholarships will be awarded on a competitive basis 	Ten Scholarships of \$2,000	April 15, 2010 to OneSight Research Foundation Scholarship Committee
John Gyles Education Awards	<ul style="list-style-type: none"> • Canada and U.S. • GPA of 3.0 or above • Financial need 	Up to \$3000	May 1 – applications available at www.johngyleseducationcenter.com
Maine Optometric Association: Hilda Rand Scholarship	<ul style="list-style-type: none"> • Student of optometry from Maine 	(2) \$1,000	May 3, 2010 Application forms at: Ms. Mary M. Brooks, 56 Madison St., Bangor ME 04401 or Madison@midmaine.com

The Student Affairs Office has more information, so stop by and check it out

Fitness Corner

Spring 2010 Group Exercise Schedule

The new spring group exercise schedule is here with tons of new classes. Short on time, why not try one of the 30 minute lunch time classes listed below.

Monday except 3/15	Tuesday = Massage Day except 3/16	Wednesday except 3/17, 3/24, 4/22	Thursday except 4/22	Friday except 3/19, 3/26, 4/16
Hatha Yoga 10-11am Dr. Z				
Indoor Cycling 1-1:30pm Shirmel	Pilates 1-1:55pm Shirmel	Hatha Yoga 1-2pm Dr. Z	Basic Step 1-1:30pm Shirmel	Body Blast 1:05-1:50pm Shirmel
	Bellydancing 6:30-7:30pm Cherie N.		Indoor Cycle 6:30-7:15pm Kristine L.	

Note: Classes with low attendance will be canceled and/or replaced. Since many campus events take place in the gym, please check the Fitness Page of the View for the most up-to-date schedule. All equipment provided but limited so arrive early.

Class Descriptions:

Make sure your workouts are balanced by including cardio, strength, and flexibility.

Cardio

Bootcamp: Keep yourself moving with alternating segments of exercise from jumping rope to pushups. Your body will be challenged!

Intro Step: A 30 minute progressive class geared towards beginners. Each week learn basic step moves with slow progression.

Step: A non-stop cardio fat-burner consisting of choreographed combinations, athletic and dance, on and around the classic Step platform.

Boxing Combat: A circuit training class combining boxing & mitt work with intervals of sports conditioning moves guaranteed to work up a sweat.

Indoor Cycle: Intense 45 minute workout taking you through a ride filled with hills & valleys. Maximum calorie burn for your time!

Check the
Fitness page
of the View

Strength

Abs Blast: Fifteen minutes of nothing but abs & lower back. Tone and strengthen your core from every angle!

Sculpt Blast: Get a total body strength workout in less than an hour using tools like the BOSU, bands, body bar and much more!

WOW (Women on Weights): Whether you are trying to lose weight or tone up, this program can help you get started. New participants accepted at the beginning of the month, pre-registration required, email srichards@ico.edu.

Mind Body/Flexibility

Hatha Yoga: Combine posture and breath control in a series of asanas that are used to still the mind and boost energy.

Pilates Mat: Pilates uses breath work and slow executed movements to strengthen the core muscles—abdominals, glutes, lower back, and hip flexors. It also lengthens the spine, strengthens and elongates muscles, and increases body awareness and flexibility.

Specialty Class

Bellydancing: The class format will cover basic belly dancing moves and use a building block format. Whether you want to learn a new dance style or get some great exercise this is the class for you!

SPRING 2010 EXAM SCHEDULE

AS OF FEBRUARY 4, 2010

ALL QUIZZES ARE GIVEN AT 8:00-8:50 AM UNLESS OTHERWISE INDICATED			
PLEASE NOTE THE ROOM YOU WILL BE TAKING THE TEST. IT IS NOT ALWAYS THE SAME			
DATE	FIRST YEAR	SECOND YEAR	THIRD YEAR
3/16 T		BHS 256 Ocular Pharmacology Room 1200-1203	
3/18 Th	BHS 111 Neuroanatomy Room 1200-1203	BHS 222 Physical Optics Room 1201-1202	
3/22 M	BHS 116.3 Human Physiology III Room 1200-1203		
3/24 W	CLE 162.3 Optometry 1.3 Room 1200-1203	BHS 246 Visual Perception Room 1201-1202	
3/29 M	CLE 170 Physiological Optics Room 1200-1203	BHS 266 Microbiology Room 1201-1202	
4/1 Th	BHS 140.2 Sensory Aspects Room 1200-1203	BHS 263.2 Ocular Disease II Rooms 1201-1202	
4/6 T		BHS 256 Ocular Pharmacology Room 1200-1203	
4/7 W	BHS 111 Neuroanatomy Room 1200-1203		
4/8 Th		BHS 261 Physical Diagnosis Room 1200-1203	
4/9 F			CLE 376.2 Strab & Amblyopia II Room 1200-1203
4/12 M	BHS 116.3 Human Physiology III Room 1200-1203		
4/13 T		BHS 222 Physical Optics Room 1200-1203	
4/15 Th	CLE 162.3 Optometry 1.3 Room 1200-1203		
4/16 F		BHS 263.2 Ocular Disease II Room 1200-1203	
4/19 M	CLE 170 Physiological Optics Room 1200-1203		
4/21 W		BHS 246 Visual Perception Room 1200-1203	
4/23 F	BHS 140.2 Sensory Aspects Room 1200-1203		
4/26 M		BHS 256 Ocular Pharmacology Room 1200-1203	
4/27 T	BHS 111 Neuroanatomy Room 1200-1203		
4/29 Th			CLE 376.2 Strab & Amblyopia II Room 1200-1203
4/30 F	BHS 116.3 Human Physiology III Room 1200-1203	BHS 261 Physical Diagnosis Room 1201-1202	
5/3 M	CLE 170 Physiological Optics Room 1200-1203		

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**ILLINOIS COLLEGE OF OPTOMETRY**

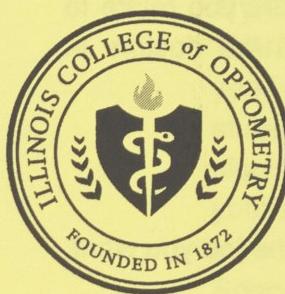
SPRING QUARTER 2010

February 11, 2010

	Saturday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	May 8	May 10	May 11	May 12	May 13	May 14	May 15
9:00 – 11:00	BHS 140.2 Sensory Aspects	BHS-266 Microbiology	BHS 222 Theoretical & Physical Optics		BHS 246 Visual Perception		CLE 170 Optics
11:30 – 1:30		BHS 111 Neuroanatomy	CLE 162.3 Optometry 1.3		BHS 116.3 Human Physiology & Pathology III		
1:45 – 3:45	CLE 376.2 Strabismus & Amblyopia						BHS 263.2 Ocular Disease II Start at 2:30pm
4:00 – 6:00	BHS 256 Ocular Pharmacology						

**ATTENTION: MAKE-UP DATES FOR ALL FINAL EXAMS WILL BE
MONDAY, MAY 17th AND TUESDAY, MAY 18th.**

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Focal Point

C A M P U S N E W S

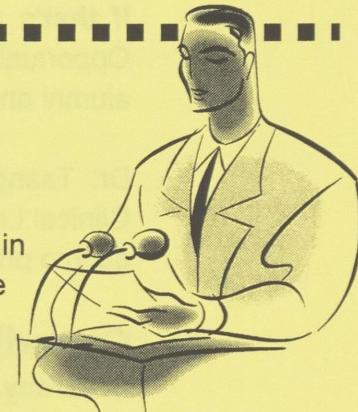
Practice Opportunities Symposium

ICO's 13th Annual Practice Opportunities Symposium

Friday – March 26, 2010.

"The Next Generation of Optometrists!"

The program will be from 1:00 p.m. until about 4:30 p.m. beginning in the Lecture Center. Don't worry labs are canceled to encourage student participation. The Exhibitor Fair starts at 4:30 p.m. in the gym. There will be lots of food, amazing raffle prizes, and plenty of contacts for you to journal for future reference.



This year's career bazaar will take you on a journey featuring more than 40 doctors - in every mode of practice and level of training available.

- They will be from all over the U.S. and Canada, and even a doctor who commutes from Beverly Hills, to B.C.!
- We will have almost 10-doctors who graduated and started practices COLD in 1 - 5 years after graduation, in an ailing economy and are doing WELL!!!!

The doctors you can choose to have open discussion with are:

- Legacy families: All members of the family are O.D.'s -- fathers, sons, daughters or husband and wife teams, and even some engaged couples in practice.
- There will be young doctors, older doctors, doctors who are residency trained, fellowship-trained, military trained, and both, hospital-based, those who work in academia, in corporate optometry, leaders in corporate optometry, innovators in corporate optometry, and those who are leaders in the pharmaceutical companies with test trials, marketing, new product development, research, externship site doctors, group practices, and lots more.

Many of them are HIRING FOR THEIR OFFICES

Hint: graduates!



*'The March wind roars
Like a lion in the sky,
And makes us shiver
As he passes by.'*

*'When winds are soft,
And the days are warm
and clear,
Just like a gentle lamb,
Then spring is here.'*

- Author Unknown

Here's what you asked for --- a day of "picking the brains" of the doctors you relate to personally and professionally. It's your choice, your symposium, and the doctors in specialties you said you wanted to see, meet and talk to!

This is an opportunity for you to begin culminating your passion.

Hope to see you then. It will be a day you don't want to miss. Dress for the job you want, not the one you have!!!!

If that's not enough --- the next day --- on Saturday --- The 2nd annual Canadian Opportunities Symposium --- begins in the Lecture Center at 1:00 p.m. w/ICO's very own alumni and former attending --- Dr. Tim Tsang leading the panel!

Dr. Tsang is the Director of Ocular Disease Services, Vision Institute of Canada, a Clinical Lecturer of Optometry, School of Optometry, University of Waterloo, and plans to go into private practice very soon.

Canadian Opportunities Symposium

Saturday, March 27, 2010 at 12 Noon

Lecture Center

The Professional Career and Financial Planning Office at ICO will host our 2nd annual Canadian Opportunities Symposium.

This year's theme is, "Canadian Boards, and Related Issues"

The panel will be moderated by the Canadian Club Officers.

Leading the panel will be former ICO attending Dr. Timothy Tsang who is returning with fellow classmate, Dr. Mike Wu, along with Dr. Mark Eltis, who practices in Beverly Hills, CA, and B.C. Also joining the panel is Dr. Eric DeGroseilliers who is part of a large legacy family in Ontario. Lastly, Dr. "Sunny" Mehta who is part of the Luxottica family in Toronto, will be discussing the view of corporate optometry and if it's a fit for you?

The doctors experience level ranges from private practice to government, corporate to group practices. They are prepared to discuss their views regarding American and Canadian boards and will share information providing you with the most recent political updates.

I do hope you will join us. Lunch and a wine and cheese networking reception will be sponsored in part by Optometric Services, Inc.

Red Cross Blood Drive

The American Red Cross Blood Drive will be held Wednesday, March 24, 2010 in the ICO gym from 09:30 AM-02:30 PM.



**American
Red Cross**

Your single whole blood donation can help save the lives of up to three people. Please schedule your appointment today. Feel free to contact Rahi Saiyed at rsaiyed@eyedoc.ico.edu with any questions.

EyeBall Follow-Up

Thank you to everyone who was able to make it out to the Shedd Aquarium for this year's EyeBall; your enthusiasm made the night a great success! We had a total of 425 students, friends, husbands, wives, boyfriends and girlfriends in attendance to see significantly more than 425 fascinating aquatic creatures. Thank you all very much for your support of this and all of the other Student Association events throughout the year.

Special congratulations go out to our winners of both the Student Association scholarship essay contest and Colleague of the Year awards! The winners were...

SA Scholarship:

- 1st place - Mark Burke (Class of 2010)
- 2nd place - Lindsay Sicks (Class of 2010)
- 3rd place - Nick Blasco (Class of 2013)

Colleague of the Year:

- Danny Nguyen (Class of 2013)
- Eric Woo (Class of 2012)
- Beth Knighton (Class of 2011)

And last but not least, a big thank you to the other members of this year's SA board: Past President Courtney Kness, President Tommy Elton, Secretary Doan Huynh, Treasurer Lauren Curosh, Notetaker Director Beth Knighton, Notetaker Director-Elect Jamie St Martin, Head RA Keri Nebelsick, Community Service Director Annie Yeh, Community Service Director-Elect Rahi Saiyed, Community Service 1st year Representative Amreen Farooqi, Intramural Director Brandon Lernor and Class Representatives Efren Gomez, Ruhee Dhalla, Jen Specht, Jackie Saltee, Eric Coy, Eric Woo, Brittany McMurren and Danny Nguyen. Your dedication, drive, and hard work do not go unnoticed.

Sincerely,

Erik J. Mothersbaugh, President-Elect, Student Association

Spotlight on the Library

by Jeff Proehl, Information Systems Librarian and

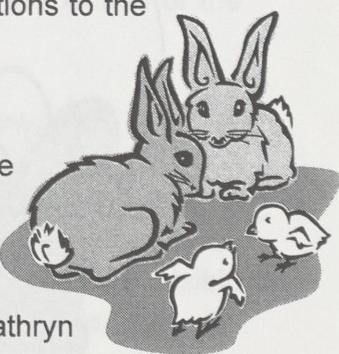
Theresa Ciupinski, Library Service Clerk

New Poster

The poster, "Unilateral Optic Nerve Hypoplasia in the Dominant Eye of a Patient with Anisometropic/Strabismic Amblyopia" by Drs. Kelly A. Frantz and Yi Pang is on display in the Library. Please take time to view the poster but direct all questions to the authors.

Scanners

The Ricoh photocopiers/printers on the first and second floor of the Library also can function as scanners. Directions are posted by each machine. To use the scanner function, choose Global Scan and log on like you would a campus computer or onto the wireless system. Please contact the IS department at 7500 or Library Director, Kathryn Johnston, if you have forgotten your campus user id/pin.



The scans can be saved as PDFs, jpgs, or Word documents. The first floor Ricoh machine also can scan in color, if that preference is chosen. The scans may be emailed to campus or private email addresses. Please contact a library staff member if you need help using these photocopiers/printers/scanners.

Eye Resources on the WWW

The Association of Vision Science Librarians has created a website listing all the best resources on the Internet about the eye and vision at:

<http://webeye.ophth.uiowa.edu/dept/websites/eyeres.htm>.

One website profiled is the Eye Simulator, which provides an eye motion and pupil response simulator, animations to demonstrate neurological testing, and quizzes to test comprehension. Eye Resources on the WWW also lists organizations, image databases, blogs related to eyecare, institutes, university programs, fulltext journals and electronic versions of books like *Ocular Syndromes and Systemic Diseases*, and many other helpful resources.

The ICO library provides a similar website for Associations, Societies, and Foundations at <http://library.ico.edu/eyeassn.html>. A link is provided from the Library's homepage under the heading, More Full Text Sources.

Children's Books

The Library has books to help children understand why they need to wear eyeglasses or have vision problems. Some examples include:

Arthur's Eyes, by Marc Tolan Brown, PZ7 .B81618 AP 1986

Frances Four-Eyes, by Ilene Cooper, RE952.2 .C5 C6 1991

Look How Many People Wear Glasses: the Magic of lenses, by Ruth Brindze, RE976.B67 1975

Luna and the big blur: a story for children who wear glasses, by Shirley Day. PZ7.D3325 LU 2009

New Books

The Library's new book shelves are located across from the first floor Ricoh printer/photocopier/scanner near the restrooms. Some of the new books for March include:

Cataract and Refractive Surgery, edited by Angela V. Turalba, Joan W. Miller. RE1 .I7 v. 50 no. 1 2010

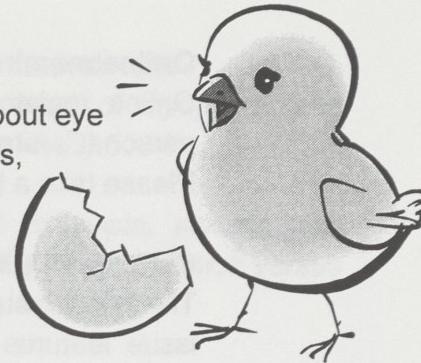
Quick-as-a-wink guide to training your eye care staff, by Janice K. Ledford. RE72.5 .L435 2010

The Medical Library Association essential guide to becoming an expert searcher: proven techniques, strategies, and tips for finding health information, by Terry Ann Jankowski. Z675 .M4 J36 2008



Maino's Memos

Maino's Memos contains the latest research and information about eye and vision care of children, those with developmental disabilities, Traumatic/Acquired Brain Injury and other topics of interest. Please note that if you are reading this online, all links should be active. Click on the titles for more information. Go to: <http://www.mainosmemos.blogspot.com> for the latest research.



Babies are born to boogie

...Babies love a beat, according to a new study that found dancing comes naturally to infants....The research showed babies respond to the rhythm and tempo of music, and find it more engaging than speech....The findings, based on a study of 120 infants between 5 months and 2 years old, suggest that humans may be born with a predisposition to move rhythmically in response to music.....

Millions Suffer from Undiagnosed Vision Problems

Aurora, OH – In the latest issue of *Optometry & Vision Development* (OVD), Dr. Dominick Maino, editor of OVD, notes that: “In 2010 there are 9 million people with lazy eye and 18 million individuals with eye-turns. For children under 18 years of age that means there will be, unfortunately a very large number of children with these often undiagnosed but treatable eye problems. One research study suggests that the prevalence of these eye problems within the general population is 56% or 60 million men, women, and young adults.” He also says, “In comparison to glaucoma, cataract, age-related macular degeneration, and other various eye diseases; binocular vision disorders are... more frequently encountered than these diseases and have significant negative effects on one’s quality of life. ... One study revealed that the prevalence of these vision disorders... is 9.7 times greater than the prevalence of eye disease in children ages six months to five years and it’s 8.5 times greater than the prevalence of ocular disease in children ages six to 18 years... Shouldn’t your eye doctor not only check for eye disease, but also eye teaming, focusing and eye movement problems that affect how well you work, study, and play?” For more information go to www.covd.org, click on the “OVD Journal” link, and read “[The Binocular Vision Dysfunction Pandemic](#)

Announcements from the College of Optometrists in Vision Development

The screenshot shows the homepage of the College of Optometrists in Vision Development (COVD) website. At the top, there is a logo for 'COLLEGE OF OPTOMETRISTS IN VISION DEVELOPMENT' and a tagline 'Improving lives by advancing excellence in optometry through education and certification'. Below this, there are several sections: 'Support Your Awareness' (with a link to 'Vision Conditions'), 'Parents & Patients: Optometrists & Therapists Health Members' (with a link to 'Learning Difficulty or Vision Problem?'), 'About COVD' (with links to 'About Vision Therapy', 'About Vision & Learning', 'Annual Meeting', 'Children's Vision Learning Month', 'Events Calendar', 'OVD Journal', 'Patient Resource Center', 'Research & White Papers', 'Social Media', and 'Tour de Optometry'), 'Locate A Doctor' (with a search form), 'In the News' (with links to 'COVD/ABC Denver JO Movie Can Make Some People Feel Sick', 'COVD/ABC Chicago Headlined Report: The JO Dilemma', and 'COVD/ABC San Diego COV COVD Fellow Optometrist talks about JO'), 'In the News Archives' (with a link to 'Spread the News'), and social media links for Facebook, Twitter, and Google+. At the bottom, there is a copyright notice: 'Copyright 2010 COVD'.

COVD Launches New & Improved Website

COVD is pleased to announce the launch of the newly revised www.covd.org.

The website has a fresh new look, and is designed to better suit the needs of the public and our members. Navigation toolbars have been added and the most popular feature of our site, the 'Locate A Doctor' tool, has a more visible location. Many additional upgrades will be

following. They include:

Online membership directory

Online registration for the COVD 40th Annual Meeting, online dues payment and personal information management Improved website search function and much more! Please take a look at the new website and let us know what you think!

OVD 41-1 Online Now

The latest issue of Optometry & Vision Development is now available to read online. The issue features the latest research in the field of developmental optometry and vision therapy.

Read the following editorials, articles and papers: *The Binocular Vision Dysfunction Pandemic, A History of Israeli Optometry – 10 Year Update, The Hadassah Academic College Department of Optometry, The Effect of Test Sequence on Measurement of Positive and Negative Fusional Vergence, Accommodative Amplitude Determination: Pull-away versus Push-up Method, The Relationship between the Heterophoria and Visual Organization in First and Second Grade Children on the Gesell Copy Form Test, A New Concept in Heterophoria Assessment: The Koslowe Monocular Straw Test and its Implications, Current Eye & Vision Science Literature, NewsMakers*

COVD 40th Annual Meeting

COVD 40th Annual Meeting October 12-16, 2010

Rio Mar Beach Resort

Rio Grande, Puerto Rico

Call for Papers

COVD is now accepting Abstract Submissions. Deadline for abstract submission is June 11, 2010.

Attention ALL STUDENTS! Annual Meeting Travel Grant

The Annual Meeting Travel Grant is offered to encourage and support optometry students and residents to participate at the COVD 40th Annual Meeting. Deadline for application submission is August 12, 2010.



Go to <http://www.covd.org> for more information.

Vision Therapy For ADHD.

Comments from a Chiropractic Physician:

...I recently came across an article in the NY Times that speaks of using vision therapy to correct problems in children like learning disabilities and ADHD. The article explores the divide that exists between what mainstream medical practitioners think and optometrists think when it comes to vision therapy. Most of the health practitioners who practice vision therapy for learning disabilities happen to be optometrists....



The development of myopia among children with intermittent exotropia

Ekdawi NS, Nusz KJ, Diehl NN, Mohney BG. The development of myopia among children with intermittent exotropia. Am J Ophthalmol. 2010 Mar;149(3):503-7.

In this population-based study of children with intermittent exotropia, myopia was calculated to occur in more than 90% of patients by 20 years of age. Observation versus surgical correction did not alter the refractive outcome.

From the San Diego News

3-D movies are helping screen viewers' eye problems

SAN DIEGO, Calif. (CBS 8) - 3-D movies are all the rage now, but if you're feeling dizzy or get headaches while watching these 3-D flicks, you may have an undiagnosed vision problem. What a lot of moviegoers might not know until they sit through a 3-D movie like "Alice in Wonderland" or "Avatar" is that they have an undiagnosed vision problem.

Doctor David Granet, director of pediatric ophthalmology at the UCSD School of Medicine, says it is common for everyone to experience some mild vision fatigue after sitting through hours of a 3-D film. "But there are some people who are very fatigued when they leave the theater, and that can be the sign of eye problems," Dr. Granet said.

The problems could range from poor eye alignment to poor binocular vision skills. "If one eye sees well and the other doesn't, you won't be able to see 3-D," Dr. Granet said. Experts say these vision problems can impair eye-hand coordination, depth perception and reading ability, and also lead to headaches, nausea and blurred vision.

Doctor Granet says this can be especially prevalent - and treatable - in younger viewers, something parents should be aware of when talking with their kids after the 3-D event.

"If they say it looked like every other movie or say their eyes felt funny, I got a bad headache or I felt sick to my stomach, it's time to say let's go to the ophthalmologist and get checked," Dr. Granet said.

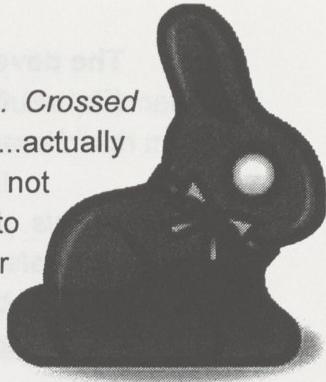
The good news, according to experts, is that these vision problems are highly treatable, especially in children, and the sooner any potential problems are diagnosed and corrected, the sooner you can return to the theater and actually enjoy the movie's 3-D effects.

According to experts, up to five percent of movie viewers will not be able to experience 3-D movies at all due to either crossed eyes or lazy eye, which is the lack of development of central vision in one eye.

[Comment: I would suggest that you do not go to an ophthalmologist...few understand binocular vision and optometric vision therapy. Go to <http://www.covd.org> to learn more and to find a doctor Board Certified in this area. Please note that Dr. Granet is one of the VERY few OMDs who understand the benefit of vision therapy.]

Top 7 Tips to Treat Eye Conditions Using Vision Therapy

1. Traumatic Brain Injury, 2. Athletic Performance, 3. Balance, 4. Crossed Eyes, Lazy Eyes And Binocular Disorder, 5. Learning Disabilities [...actually learning related vision problems. Optometric vision therapy does not teach reading, math or spelling. It does get the child visually ready to learn. DM], 6. Focusing Problems, 7. Jerking Eye (Click on title for more information. DM)



Researchers find early autism signs in some kids

...Some infants headed for a diagnosis of autism, or autism spectrum disorder as it's officially known, can be reliably identified at 14 months old based on the presence of five key behavior problems...

3 Rulings Find No Link to Vaccines and Autism

...In a further blow to the antivaccine movement, three judges ruled Friday in three separate cases that thimerosal, a preservative containing mercury, does not cause Autism....The three rulings are the second step in the Omnibus Autism Proceeding begun in 2002 in the United States Court of Federal Claims. The proceeding combines the cases of 5,000 families with autistic children seeking compensation from the federal vaccine injury fund, which comes from a 75-cent tax on every dose of vaccine. ...

Find out the Latest about the AOA



The American Optometric Association News Blog. The American Optometric Association News on Twitter. The AOA on Facebook. The AOATV Facebook Page.

Watch AOATV.

A Randomized Clinical Trial Treatments for Symptomatic Convergence Insufficiency in Children Video

Published in e-book

Did you know that an e-book for optometry students/graduates recently published online contains a chapter that Dr Conrad and Michael Butz co-authored? The description below is from the Editor:

TO: Authors, Editors, Students, Teachers

FROM: Stanley Hatch, OD, MPH, Editor, "Optometric Care within the Public Health Community"

The text book "Optometric Care within the Public Health Community" by Stanley Hatch, John Whitener, W. Howard McAlister, and Sandra Block is now online and available for download in part or in total for free. Here is the link:

http://webpages.charter.net/oldpostpublishing/oldpostpublishing/optometric_care_within_the_publi.html

The co-author's chapter in particular is under the heading: Section 4, Access and Barriers to Eye and Health Care/Sect 4, Quality Assurance by Conrad and Butz.pdf and the exact link directly to the chapter is:

2010-11 RC Room Assignments

If you are interested in living in the RC for the 2010-11 academic year, please sign up in the Student Affairs Office. The sign-up sheet will be available until Friday, March 26th.

2010 Commencement Choir

Any faculty or O.D. degree candidates who would like to be part of this year's commencement choir, please contact Laura Gengelbach, lgengelbach@eyedoc.ico.edu. at your earliest convenience. Come join us on this exciting day to sing the ICO Alma Mater.

Residencies

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South wall.

Scholarships

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
AOA Contact Lens & Cornea Section (CLCS) Essay Awards	<ul style="list-style-type: none">• Student or Residents• Essay on selected topic• Four topics and four	4 First place winners - \$2,000 and	Email to CLCS@aoa.org by March 22, 2010
Travel Fellowships for ARVO or AOA meetings (from ICO Dean's Office)	<ul style="list-style-type: none">• ICO third or fourth year• First or second year who is an author of an accepted poster or paper abstract	\$500	To Dr. Mary Flynn Roberts by 5 PM, March 29, 2010
The Minnie Flaura Turner Memorial Fund for Impaired Vision Research	<ul style="list-style-type: none">• 500 word prospectus of research for doctoral thesis• Letter of introduction from supervising faculty member	\$2,500 and certificate of merit	April 1, 2010 to Minnie Flaura Turner Memorial fund Awards Program
AOSA – The Vision Care Institute™ Travel Grant Essay Contest	<ul style="list-style-type: none">• Essay 500 max or 300 minimum words on selected topic: How does aging population affect the way you will practice?• Travel to Orlando FL for Optometry's Meeting™ in June• One page curriculum vita	Two \$595 travel grants at each school, Overall one winner \$1,000	April 1, 2010 to assigned faculty person

AOSA – Allergan Travel Grant Essay Contest	<ul style="list-style-type: none"> • Essay 500 max or 300 minimum words on selected topic: Dry Eye: Just an inconvenience or a treatable ocular disorder? • One page curriculum vita • Travel to Orlando FL for Optometry's Meeting™ in June 	Two \$500 travel grants at each school, Overall three winner \$1,000	April 1, 2010 to assigned faculty person
Walman Optical Company Scholarship Program	<ul style="list-style-type: none"> • 2 or 3 year • Complete their application and mail it with transcript 	\$1,000 to 4,000	April 10, 2010 www.walman.com
BSK Student Research Grant Program	<ul style="list-style-type: none"> • Application outline form • Check 222.betasigmakappa.net 	\$1,000	April 10, 2010
2010 Dr. Stanley Pearle Scholarship Fund (OneSight Research Foundation)	<ul style="list-style-type: none"> • Students Graduating in class of 2011, 2012 or 2013 • Complete application- Scholarships will be awarded on a competitive basis 	Ten Scholarships of \$2,000	April 15, 2010 to OneSight Research Foundation Scholarship Committee
John Gyles Education Awards	<ul style="list-style-type: none"> • Canada and U.S. • GPA of 3.0 or above • Financial need 	Up to \$3000	May 1 – applications available at www.johngyleseducationcenter.com
Maine Optometric Association: Hilda Rand Scholarship	<ul style="list-style-type: none"> • Student of optometry from Maine 	\$1,000	May 3, 2010 Application forms at: Ms. Mary M. Brooks, 56 Madison St., Bangor ME 04401 or Madison@midmaine.com

The Student Affairs Office has more information, so stop by and check it out.

Fitness Corner

Spring 2010 Group Exercise Schedule

Monday except 3/15	Tuesday - Massage Day except 3/16	Wednesday except 3/17, 3/24, 4/22	Thursday except 4/22	Friday except 3/19, 3/26, 4/16
Hatha Yoga 10-11am Dr. Z				
Indoor Cycling 1-1:30pm Shirmel	Pilates 1-1:55pm Shirmel	Hatha Yoga 1-2pm Dr. Z	Basic Step 1-1:30pm Shirmel	Body Blast 1:05-1:50pm Shirmel
	Bellydancing 6:30-7:30pm Cherie N.		Indoor Cycle 6:30-7:15pm Kristine L.	

Note: Classes with low attendance will be canceled and/or replaced. Since many campus events take place in the gym, please check the Fitness Page of the View for the most up-to-date schedule. All equipment provided but limited so arrive early.

Class Descriptions:

Make sure your workouts are balanced by including cardio, strength, and flexibility.

Check the
Fitness page
of the View

Cardio

Bootcamp: Keep yourself moving with alternating segments of exercise from jumping rope to pushups. Your body will be challenged!

Intro Step: A 30 minute progressive class geared towards beginners. Each week learn basic step moves with slow progression.

Step: A non-stop cardio fat-burner consisting of choreographed combinations, athletic and dance, on and around the classic Step platform.

Boxing Combat: A circuit training class combining boxing & mitt work with intervals of sports conditioning moves guaranteed to work up a sweat.

Indoor Cycle: Intense 45 minute workout taking you through a ride filled with hills & valleys. Maximum calorie burn for your time!

Strength

Abs Blast: Fifteen minutes of nothing but abs & lower back. Tone and strengthen your core from every angle!

Sculpt Blast: Get a total body strength workout in less than an hour using tools like the BOSU, bands, body bar and much more!

WOW (Women on Weights): Whether you are trying to lose weight or tone up, this program can help you get started. New participants accepted at the beginning of the month, pre-registration required, email srichards@ico.edu.

Mind Body/Flexibility

Hatha Yoga: Combine posture and breath control in a series of asanas that are used to still the mind and boost energy.

Pilates Mat: Pilates uses breath work and slow executed movements to strengthen the core muscles—abdominals, glutes, lower back, and hip flexors. It also lengthens the spine, strengthens and elongates muscles, and increases body awareness and flexibility.

Specialty Class

Bellydancing: The class format will cover basic belly dancing moves and use a building block format. Whether you want to learn a new dance style or get some great exercise this is the class for you!



Digitized by Illinois College of Optometry Library



Focal Point

C A M P U S N E W S

Spotlight on the Library

by Jeff Proehl, Information Systems Librarian and
Theresa Ciupinski, Library Service Clerk

Library Hours for Spring Break

Thursday, April 1	8:00 am-5:00 pm
Friday-Sunday, April 2-4	CLOSED
Monday, April 5	8:00 am-5:00 pm
Tuesday, April 6	Resume Regular Hours



National Library Week

National Library Week is this coming April 11-17. Libraries everywhere play a vital role in supporting the quality of life in their communities and our nation's school, academic, public and special libraries make a difference in the lives of millions of Americans. We are happy to be a part of the National Library Week celebration. Here at ICO, we are proud to help the students, faculty and staff in every way possible. We encourage all members of the ICO community to visit the library to take advantage of the wonderful resources available, during National Library Week and year-round. Come in and see our display celebrating the dedicated library staff.

Off-Campus Externs

Externs whose sites are more than fifty miles from ICO may receive copies of articles that they need for free. The Library will also mail books without charge to externs. Please send your requests to the library email address at cshepard@ico.edu. Please contact a library staff member for help accessing VisionCite and full-text online articles from off campus.

"Come, I come! ye have called me long,
I come o'er the mountain with light and song:
Ye may trace my step o'er the wakening earth,
By the winds which tell of the violet's birth,
By the primrose-stars in the shadowy grass,
By the green leaves, opening as I pass."
- Felicia D. Hemans, *Voice of Spring*



New Springer E-Book Collection

The new Springer E-Book Collection is available online through the Library website, <http://icolibrary/library.htm>. The list of e-books can be found using the "Power Search" option and changing the library to Carl Shepard and the location to Internet Resource. Some interesting titles include:

Clinical neuro-ophthalmology: a practical guide / Ulrich Schiefer, Helmut Wilhelm, William Hart editors

Cornea and external eye diseases / T Reinhard, D.F.P. Larkin editors

Glaucoma / Franz Grehn, Robert Stamper editors

Handbook of pediatric retinal disease / Kenneth Wright, Peter H. Spiegel, Lisa S Thompson editors

New Books

The Library's new book shelves are located across from the first floor Ricoh printer/photocopier/scanner near the restrooms. Some of the new books for April include:

Cornea and External Eye Disease: Corneal Allotransplantation, Allergic Disease and Trachoma, edited by Thomas Reinhard and Frank Larkin. RE336 .C632 2010

Controversies in Neuro-Ophthalmology: A Case-Based Debate, edited Andrew G. Lee, Jacinthe Rouleau, and Reid Longmuir. RE725 .C568 2010

Minimizing Incisions and Maximizing Outcomes in Cataract Surgery, edited by Jorge L. Alió, I. Howard Fine. RE451 .M55 2010

Spring Quarter Reserves

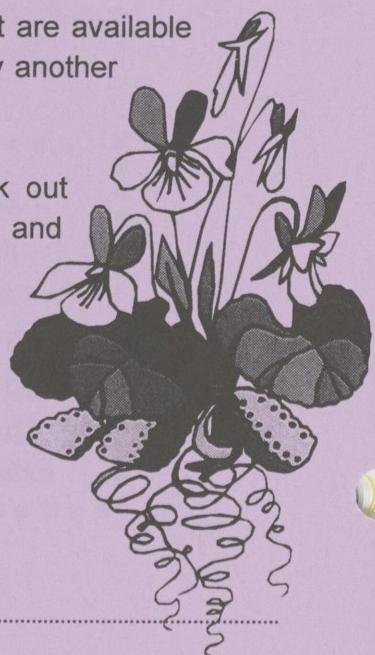
You can find any book from any Spring 2010 syllabus available for three-hour check out behind the front desk of the library. To find out where your instructor has on reserve, open our online catalog, iLink, click on Reserve desk, and then type in your instructor's name or the course number.

Three hours before closing, reserve books also can be checked out overnight, and due the next morning within an hour of when we open. On holiday weekends, like spring break, the reserves may be taken out for the entire time the library is closed, and are not due back until the day classes resume—ask library staff for more details.

The library also may have older editions of required textbooks that are available for four weeks at a time and may be renewed unless requested by another user.

The new overnight drop box makes it more convenient to check out reserve materials for after-hours use, especially on weekends and during breaks.

Please contact Library staff if you need any assistance. Enjoy spring break and we look forward to seeing you in the Library!



Join OCRT

Larry Baitch, OD, PhD, a founding member of the **Optometric Council on Refractive Technologies (OCRT)**, would like to welcome ICO students to join his organization as student members at no cost.

The OCRT is a 6 year-old organization. It is optometry's voice in the field of refractive surgery and other refractive technologies. Our mission is to bring together optometrists and researchers with an interest in refractive technologies, providing a forum for education and interaction. We have sponsored a full-day refractive symposium immediately preceding the American Academy of Optometry meeting for the past five years.

This is a fun and very congenial group of ODs. Most of us have a unique relationship with the ophthalmologists with whom we work, and serve as an important diplomatic link between the professions.

OCRT is most importantly a perpetual educational resource. Our meetings and internet forums are a tremendous learning asset as our colleagues share experiences, knowledge and ideas. It is truly an organization that can make one a better practitioner. You and your students are encouraged to visit our website at www.ocrt.org. We look forward to the pleasure of having your students in our group.

Tech Tips

Ahmed Mohammad

How to protect yourself from Fake Anti-Virus Software:

While searching on Internet and a POP window appears on the screen, warning that your computer had been infected by viruses or spyware. Even though the alert looks real, you don't want the click on the "X" in the window upper right-hand corner. Instead hold Alternate key and press F4 key to close that window.

Fake Anti virus Prevention Tips

- 1) Keep your computer updated with the latest anti-virus and anti-spyware software
- 2) Never open an email attachment unless you are POSITIVE about the source.
- 3) Do NOT click on any pop-up that advertises anti-virus or anti-spyware software, especially a program promising to provide every feature known to mankind. (Also remember: the fakes often mimic well-known brands such as Grisoft AVG, Norton and McAfee.)
- 4) Do not download freeware or shareware unless you know it's from a reputable source. We use Download.com
- 5) Avoid questionable websites. Some sites may automatically download malicious software onto your computer

ICO web pages

[Http://www.ico.edu](http://www.ico.edu)

ICO main page

[Http://theview.ico.edu](http://theview.ico.edu)

From academic Information to weekly

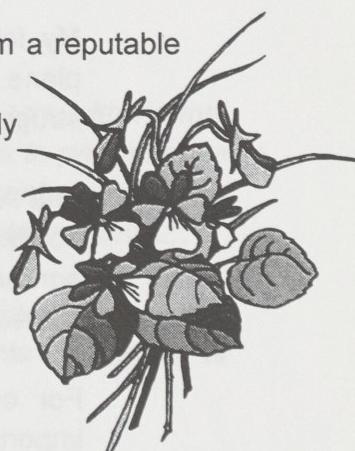
cafeteria menu

<http://twp.ico.edu>

ICO online Phone directory

[Http://library.ico.edu/](http://library.ico.edu/)

ICO library



IS contact procedures.

Phone calls or voice mail to x 7500 or email to support@ico.edu are the expected methods for contact the support team with a problem.

Maino's Memos

Maino's Memos contains the latest research and information about eye and vision care of children, those with developmental disabilities, Traumatic/Acquired Brain Injury and other topics of interest. Please note that if you are reading this online, all links should be active. Click on the titles for more information. Please note all comments are mine and do not necessarily reflect those of the Illinois College of Optometry. Go to: <http://www.mainosmemos.blogspot.com> for the latest research.



Special Passenger

On Friday, I left Dallas after a meeting and headed home to Chicago via an American Airlines flight. The flight was packed to the gills and all the typical indignities that the airlines force upon you were in full swing (\$\$\$ to check bags, not enough room for carry-on luggage, flight attendants in bad moods, etc). The flight was uneventful...until we landed.

We approached the gate. We stopped at the gate. No sounds could be heard, no cell phones ringing, no cell phone conversations....no sound on the plane except for the humming of the air filtration system.

Not a single passenger jumped up out of his/her seat. Not a single passenger opened an overhead bin. Not a single passenger moved.

Just moments before we came to a full stop at the gate, the captain told us we had a very special passenger on board. This passenger was returning home from fighting on foreign soil. This passenger gave his life during the completion of his duties.

As the casket was off loaded, all the airport police and firemen with their car and truck lights flashing were there on the tarmac. They saluted the returning soldier. About 50 other men and women were there as well. They wore vests with badges noting their service to the country in wars past. They wore caps with special insignia that represented their armed service units...they wore a knowing look, a tired look....a look that indicated they had participated in this type of activity too often. They saluted.

My fellow passengers craned their necks to see our honored passenger leaving the plane. A few stood quietly to get a better look. More than one, male and female, struggled to hold back tears.

The Americans I saw on this plane were not divided over political agendas. They were not tea party folks or liberals. They were not to the right or left. They were all in agreement. We had lost someone dear to us ... even if we did not know him. We had lost someone important to us....even if we did not know his family.

For one all too brief moment, we were united. We prayed. We understood the importance of life. We understood the fragility of life.

...and when it was all over....We all seemed to breathe in simultaneously....slowly.... as we moved to retrieve our bags in the over head bins...as we stood in the aisle to deplane....quietly...ever so quietly. A tear, if not upon our face, within our minds and hearts. DM

Ophthalmology Supports Vision Therapy!

In a recent article in the Review of Ophthalmology: "Multifocal Neuroadaptation: Can Training Help the Brain? Is Vision Training a Scam?", ophthalmology finally sees the light when it comes to vision therapy! It's about time! Excerpts below. DM

*"The idea that neuroadaptive training is unnecessary or ineffective is absolute hogwash," says Dr. Kershner. "You don't have to take it on faith that **training the brain, at any age, can have a substantial impact** on a patient's successful rehabilitation following surgery. Just look at what's being done with occupational therapy and stroke patients, or cognitive therapy training and Alzheimer's patients. [I would add optometric vision therapy....look at the CITT studies!! DM] **The neurophysiology literature is loaded with clinical studies that demonstrate overwhelming success with these training processes.** It's disingenuous to think that ophthalmology would be any different.*

*"We know that the brain is not a static organism that stops changing at adulthood," he continues. "**The brain is incredibly plastic and is constantly changing and redirecting neural networks throughout life.** [See my article in the Review of Optometry:Neuroplasticity: Teaching an Old Brain New Tricks] If a patient has a stroke and has lost a portion of his brain to ischemic injury, every indication is that the brain will correct the deficit as best as it can by redirecting interconnections from surviving neurons so they assume the role that the damaged area used to manage. And when it comes to training the brain, every study has shown that if you provide additional input to the brain during this repair process, the sprouting of new dendrites and new pathways is greatly enhanced. Therapy drives it. I'm always astonished when someone insists that visual neuroadaptation doesn't occur; or that if it occurs you can't influence it; or that you can influence it but a given approach couldn't possibly work. Our profession is stubbornly resistant to new ideas."*

More comments: You are absolutely right about the profession of ophthalmology being resistant to new ideas....you are also resistant to old ideas and any ideas held by optometry. Shame on your profession! Even when the clinical trials show optometry is right you insist on nah saying. Shame on your profession! DM

The Functional Significance of Stereopsis.

...Performance on motor skills tasks was related to stereoacuity, subjects with normal stereoacuity performing best on all tests. This quantifiable degradation in performance on some motor skill tasks supports the need to implement management strategies to maximise development of high grade stereoacuity....

Comments: Optometrists have been saying this forever. Optometric vision therapy improves stereopsis....and if this research is true....motor skills! DM

Atomoxetine for the treatment of Attention-Deficit/Hyperactivity Disorder (ADHD) in children with ADHD and dyslexia.

...Atomoxetine (Strattera) reduced ADHD symptoms and improved reading scores in both groups. Conversely, different patterns and magnitude of improvement in working memory component scores existed between ADHD and ADHD+D patients. Though limited by small sample size, group differences in relation to the comparable changes in improvement in ADHD symptoms could suggest that brain systems related to the therapeutic benefit of atomoxetine in reducing ADHD symptoms may be different in individuals with ADHD+D and ADHD without dyslexia....

Poor binocular coordination of saccades in dyslexic children.

...Poor quality of binocular coordination of saccades and drift of the eyes after the saccade, regardless of the task, indicates an intrinsic ocular motor deficiency. Such a deficiency could be related to immaturity of the normal ocular motor learning mechanisms via which ocular motor coordination and stable fixation are achieved. Learning could be based on the interaction between the saccade and vergence subsystems. The cerebellum, but also cortical areas of the magnocellular stream such as the parietal cortex, could be the sites of ocular motor learning....

Comparison of Irlen scotopic sensitivity syndrome test results to academic and visual performance data.

..Many questions about the use of colored filters for the treatment of reading problems remain unanswered. Among these are questions dealing with whether the M-pathway anomalies found in some dyslexics are also present to a lesser degree in other cases of reading disabilities, and how colored filters could re-balance the M- and P-pathways. Is it the color of the filter itself that is critical, or is it the change in luminance or contrast produced by the filter that seems to make it easier for some subjects to read? More research will be needed to answer these questions....

Spatiotemporal Visual Function in Tinted-Lens Wearers

...Under thorough psychophysical investigation, these results revealed no significant difference in visual function between subject group, and this finding is consistent with the absence of any effect of the tinted lenses in the group with Meares-Irlen syndrome....

Comments: This past weekend I was talking to a researcher who told me Meares-Irlen may actually be a real syndrome...and not a binocular vision problem in disguise..I'm not convinced just yet. Full text of this article is available by clicking on the title above. DM

Complications of botulinum toxin a and their adverse effects.

...A low incidence of complications per injection (12.4%) was found particularly for induced vertical deviations (2%) and hemorrhages (1%). Incidence for ptosis was the highest (8.4%). Notably, 10 additional cases of ptosis had resolved before follow-up. Two children were given occlusion therapy to prevent the possibility of stimulus deprivation occlusion until ptosis resolution....

Comments: OK...let me get this straight. They conclude that having more than 12 children out of 100 having an adverse affect as a low incidence of complication? What planet do these folks live on? As with all medical procedures, know the risks....talk to a doc who understands these risks! DM

Saccadic eye movements while reading music.

...These observations suggest a new model of the oculomotor and perceptual processes involved, in which an central, iconic representation of the fixated image is internally scanned and interpreted to a given criterion of accuracy, the scan ending when this criterion cannot be reached, and this end-point determining the position of the next fixation. It is proposed that the fullness of the buffer between the perceptual and motor processes determines the strictness of the criterion which is adopted, and hence the amplitude and timing of the eye movements....



Sight-reading of violinists: eye movements anticipate the musical flow.

...the piece with higher complexity was associated with lower anticipation in notes, longer fixation duration and a tendency for more regressive fixations....

Advanced Sight Reading Piano Music

...The ability to retain visual sequences in the short-term memory long enough to recall them is crucial for sight-readers. A person with problems retaining visual sequences because of a lack of the left/right directional tracking is not able to perceive the order of stimuli in which they appear and switch the order of letters in a word or notes in a music....

How to prevent computer eye strain (video)

Comment: Nicely done video. I would only add that if you suffer from eyestrain, the very first thing you should do is to have a comprehensive eye and vision evaluation including testing for binocular vision dysfunction. DM

Link Between Learning Deficits In Adolescence And Novel Brain Receptor

..."These findings suggest that intrinsic brain mechanisms alter learning during adolescence, but that mild stress may be one factor that can reverse this decline in learning proficiency during the teenage years," says Dr. Smith. "They also suggest that different strategies for learning and motivation may be helpful in middle school. And it is within the realm of possibility that a drug could be developed that would increase learning ability post-puberty, one that might be especially useful for adolescents with learning disabilities."...

Prevalence of and Early-Life Influences on Childhood Strabismus

...Three hundred forty-three children had strabismus In multivariable analysis, the risk of isolated strabismus was reduced in children of nonwhite maternal ethnicity and was increased in those born after an assisted or cesarean delivery and in those who were of low birth weight and preterm (in particular, late preterm). An increased risk of neurodevelopmental strabismus was independently associated with maternal smoking into later pregnancy, maternal illnesses in pregnancy, and decreasing birth weight for gestational age and sex. Socioeconomic status was associated with isolated (inverse relationship) and neurodevelopmental... strabismus....

Dyslexia: a deficit in visuo-spatial attention, not in phonological processing.

Developmental dyslexia affects up to 10 per cent of the population and it is important to understand its causes. It is widely assumed that phonological deficits, that is, deficits in

how words are sounded out, cause the reading difficulties in dyslexia. However, there is emerging evidence that phonological problems and the reading impairment both arise from poor visual (i.e., orthographic) coding. We argue that attentional mechanisms controlled by the dorsal visual stream help in serial scanning of letters and any deficits in this process will cause a cascade of effects, including impairments in visual processing of graphemes, their translation into phonemes and the development of phonemic awareness. This view of dyslexia localizes the core deficit within the visual system and paves the way for new strategies for early diagnosis and treatment.

Comments: So vision DOES have something to do with reading!? Quick tell all those who do not think so....well, they just may be wrong!! DM

Treating Amblyopia Using Liquid Crystal Glasses: A Pilot Study.

...The use of LCG in patients with amblyopia, yielded an improvements in VA for near and distance and in stereopsis. Treatment was well accepted by children and parents....

Comments: It took 9 months of therapy....optometric vision therapy takes the same/less amount of time with not only VA and stereo improving....but also accommodation, oculomotor skills, and fusional vergence improving as well. DM

Termination of Amblyopia Treatment: When to Stop Follow-Up Visits and Risk Factors for Recurrence.

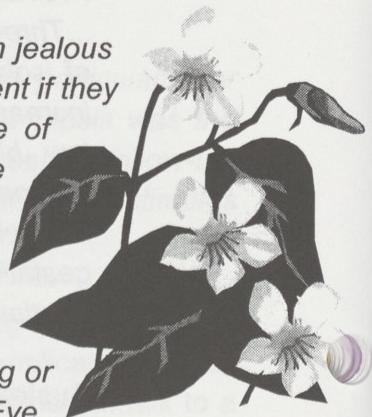
...A clinically important risk of deterioration of visual acuity was found during the first 2 years after cessation of amblyopia treatment. Follow-up time longer than 2 years is recommended in the presence of a developing risk factor such as increasing anisometropia. With prompt re-treatment and good compliance, deterioration can be stopped and visual acuity can be restored....

Comments: Yes! Watch those amblyopes closely. I'm interested as to what would have happened if they treated the binocular vision dysfunction besides just the visual acuity? DM

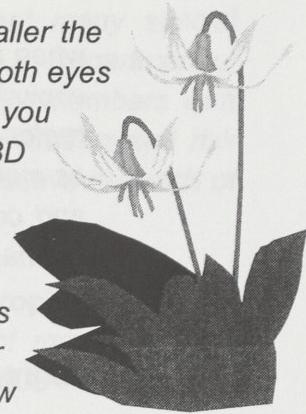
Is Your Child Ready for 'How to Train Your Dragon' 3D Movie?

Tips for Parents If you are planning on taking your kids to see Dreamworks' "How to Train Your Dragon," you need to know how to determine if they can see 3D and then prepare them for what will happen during a 3D movie if they have never seen one before.

"While 'How to Train Your Dragon' promises to make James Cameron jealous with certain 3D effects, many children may miss out on all the excitement if they can't see 3D," says Dr. Brad Habermehl, President of the College of Optometrists in Vision Development. "Unfortunately, most parents have no idea how their children see their world and children don't complain if they can't see 3D." The top three signs that your child may not be able to see 3D are: Clumsy: Spills milk when pouring, trips while walking, bumps into things Scared of escalators, going down stairs, climbing play structures or avoids them all together Has difficulty hitting or catching a ball If your child has been diagnosed with Lazy Eye (Amblyopia) or an eye turn (Strabismus), they will not be able to see the full 3D effects.



Most 3D movies provide visual clues, such as objects appearing smaller the further away they are, which anyone can see whether they are using both eyes or just one. However, there are special effects which do require that you use both of your eyes at the same time. If your child doesn't have 3D vision, he won't be able to see these special 3D effects.



There are some scenes in "How to Train Your Dragon" which can make you feel as if you are on a rollercoaster ride. When a child has never seen a 3D movie before it's best to prepare them beforehand for what they will see. If you can, draw a picture to show your child how with most movies the picture stays on the movie screen. But in this movie the picture will look as if it is filling the whole theater and they may feel like they can reach out and touch the characters. Also be sure to tell your kids ahead of time that if they don't like what they are seeing or feel uncomfortable, they can close their eyes and you will let them know when they can open them again.

During the movie keep an eye out for any signs of a headache, nausea or dizziness during or shortly afterwards. In addition, watch to see how your child responds to the special effects to see if he responds the same way as the other kids do; for example, as the hero of the story, Hiccup, flies through the air with his dragon, Toothless. If not, it's possible that he isn't seeing the special effects. These are signs that your child may have a vision problem and you should schedule an eye exam to have it fully checked.

Is your child's 3D vision draggin'? If your child has trouble with 3D vision, has any of the problems listed above or has a lazy eye or eye turn, it is possible to teach them how to see 3D.

As technology quickly advances to provide us with 3D ready TVs and 3D video games, this is just the beginning. "It is our mission to educate the public on the fact that you and your children can become 3D ready. Optometric vision therapy has helped thousands of people across the world to be able to see 3D," Habermehl states.

To find out more about 3D vision and optometric vision therapy, visit the website for the College of Optometrists in Vision Development, www.covd.org.

Children with autistic traits remain undiagnosed

...Fifty-five percent of children with autistic traits at the same levels as those who had an autism diagnosis had not been identified as needing extra support from education or specialised health services. Of those who were identified as having special needs, 37.5% had been formally diagnosed with an ASD. For children with impairment at the same level as that associated with Asperger's syndrome, 57% had no special provision at school and were not accessing specialised health services. Twenty-six percent of those who did have special provision at school had an ASD diagnosis...

Look Deep Into the Mind's Eye

DISCOVER
Science, Technology, and The Future

...Scientists have long speculated that the act of seeing things in our mind's eye employs some of the same brain circuits that we use

when seeing with our physical eyes. A number of brain scan studies have supported this view. When you look at a person up close, for example, a particular network of brain regions becomes active, including areas that process raw signals from your eyes as well as more sophisticated regions that recognize individual faces. When you close your eyes and conjure up a face, the parts of the brain that receive signals from the eyes are dormant, but the regions that recognize the features defining an individual again light up....

2D into 3D!

Optometric Care within the Public Health Community: Free Online Book

A Public Health Disgrace

...Nine to eighteen million Americans currently suffer from diseases that are easily diagnosable and does not require hundreds of thousands of dollars worth of testing equipment. It also has fairly extensive evidence based, research supported treatment modalities available that have been shown to be effective. These vision problems are called amblyopia (lazy eye) and strabismus (eye turns) and the treatment options often combine the application of spectacles and optometric vision therapy....

Comments: Go to the COVD blog to read the whole article. DM

Adjustable-Focus Eyeglasses.

...For people who just can't adjust to wearing regular bifocals or progressive lenses, help is here. Adjustable-focus glasses have a nosepiece slider that let the user adjust the focus for distance, intermediate or near vision. Optometrists say the glasses work well but they are far from fashionable....

Corneal Abrasions in Young Infants

...Corneal abrasions are extremely common among 1- to 12-week-old infants and have unclear clinical significance. Primary care physicians should be careful about attributing unexplained persistent crying to corneal abrasions, potentially missing a more-serious problem....

Comments: This paper is available online. DM

Controlled Study Finds Possible Early Warning Signs For Autism Spectrum Disorders Within Families

...A new study suggests a trend toward developing hyperactivity among typically developing elementary-school-aged siblings of autistic preschoolers and supports the notion that mothers of young, autistic children experience more depression and stress than mothers with typically developing children....

Statement From The Department Of Health & Human Services Regarding The Decisions Of The U.S. Court Of Federal Claims In The Omnibus Autism Proceeding

...As these latest cases illustrated, there's no doubt that autism and autism spectrum disorders place a heavy burden on many families. We

know that autism and related disorders are conditions that present many special challenges to all families touched by these disorders. That is why the U.S. Department of Health and Human Services provides services to families with family members with autism spectrum disorder and continues to support research to better understand risk factors and causes of autism spectrum disorders and develop more effective methods of treatment. ...

The development of myopia among children with intermittent exotropia

Ekdawi NS, Nusz KJ, Diehl NN, Mohney BG. *The development of myopia among children with intermittent exotropia.* Am J Ophthalmol. 2010 Mar;149(3):503-7.

In this population-based study of children with intermittent exotropia, myopia was calculated to occur in more than 90% of patients by 20 years of age. Observation versus surgical correction did not alter the refractive outcome.

Convergence Insufficiency – Often Misdiagnosed as ADD/ADHD

2010 Commencement Choir

Any faculty or O.D. degree candidates who would like to be part of this year's commencement choir, please contact Laura Gengelbach, lgengelbach@eyedoc.ico.edu. at your earliest convenience. Come join us on this exciting day to sing the ICO Alma Mater.

Residencies

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South wall.

Scholarships

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Walman Optical Company Scholarship Program	<ul style="list-style-type: none">• 2 or 3 year• Complete their application and mail it with transcript	\$1,000 to 4,000	April 10, 2010 www.walman.com
BSK Student Research Grant Program	<ul style="list-style-type: none">• Application outline form• Check 222.betasigmakappa.net	\$1,000	April 10, 2010
2010 Dr. Stanley Pearle Scholarship Fund (OneSight Research Foundation)	<ul style="list-style-type: none">• Students Graduating in class of 2011, 2012 or 2013• Complete application-Scholarships will be awarded on a competitive basis	Ten Scholarships of \$2,000	April 15, 2010 to OneSight Research Foundation Scholarship Committee
John Gyles Education Awards	<ul style="list-style-type: none">• Canada and U.S.• GPA of 3.0 or above• Financial need	Up to \$3000	May 1 – applications available at www.johngyleseducationcenter.com

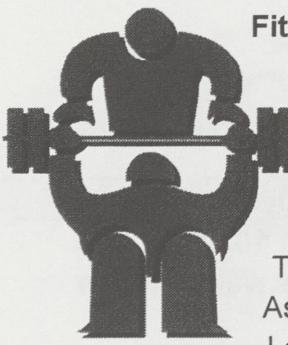
Maine Optometric Association: Hilda Rand Scholarship	<ul style="list-style-type: none"> • Student of optometry from Maine 	(2) \$1,000	May 3, 2010 Application forms at: Ms. Mary M. Brooks, 56 Madison St., Bangor ME 04401 or Madison@midmaine.com
Lucille and Edward R. Roybal Foundation	<ul style="list-style-type: none"> • Hispanic, in graduate program – pharmacy, optometry, nursing or public health • GPA of at least 2.50 • Commitment to serve low-income Latino communities in the US • Financial need 	\$5,000 for graduate students	May 14, 2010 to Foundation, check website: roybalfoundation.org

The Student Affairs Office has more information, so stop by and check it out.

Fitness Corner

Fitness Around Chicago

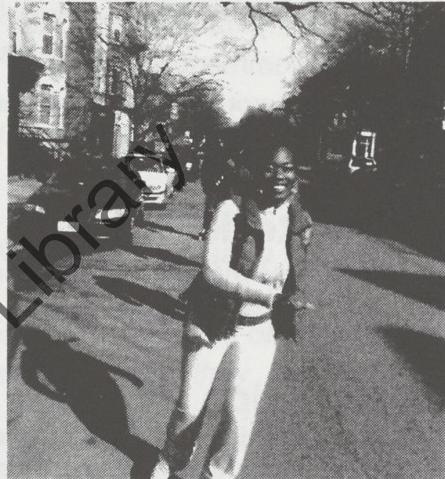
The sun is shining and the birds are chirping. Why not explore Chicago, have fun, and improve your health at the same time! Whether you just want to get out and explore this great city or just need some variety in your exercise program, visit <http://theview.ico.edu/ics/Fitness/> for info on upcoming fitness related events around Chicago.



Fitness Work-Study Openings Available this Summer!

Have you successfully completed several marathons? Do enjoy helping others learn how to rollerblade? Are you a dependable, conscientious student with an interest in health and fitness? The Fitness & Wellness Department is currently hiring for this summer. Assistant Personal Trainers, Fitness Instructors, Bootcamp Leaders, and Activity Leaders are needed to help students achieve their fitness goals. All opportunities include paid training.

Please email your interest and fitness/sports/dance related skills and hobbies to Shirmel Richards, srichards@ico.edu.



Awake, thou wintry earth –
Ring off thy sadness!
Fair vernal flowers, laugh forth
Your ancient gladness!"

- Thomas Blackburn, *An Easter Hymn*





Focal Point

C A M P U S N E W S

Commencement

Commencement will be held at Rockefeller Chapel on the campus of the University of Chicago at 11 a.m. on Saturday, May 22nd. Rockefeller Chapel is located at 5850 South Woodlawn Avenue. A reception honoring the Class of 2010 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel.



Commencement Capstone Program

Wednesday - May 19, 2010

- 12:30 p.m. Graduates board Trolleys to Rockefeller Chapel
- 1:00 p.m. Commencement Rehearsal at Rockefeller Chapel
- 2:30 p.m. Capstone sponsors expected to arrive on campus and set up information tables
- 3:30 p.m. Graduates arrive on campus, graduates mingle and visit with Sponsors @ information tables
- 3:50 p.m. Begin serving at all stations
- 4:15 p.m. Presentation of school gift by 4th year reps: Ruhee Dhalla & Efren Gomez
4th Year Awards Presentation, Capstone Dinner & Dessert - Gymnasium
Opportunity for graduates to visit sponsor information Tables
- 5:00 p.m. Graduates mingle and visit with Sponsors at information tables
- 5:15 p.m. Cap & Gown Pickup (Lecture Center all rooms)
Yearbook Distribution - Corridors outside library
(Sponsor Gift distribution: Outside Lecture Center
B.S.K - cord distribution - Corridors Indiana entrance)

"You have brains in your head. You have feet in your shoes.
You can steer yourself in any direction you choose. You're
on your own.
And you know what you know. You are the guy who'll
decide where to go."
~Dr. Seuss

Thanks MCA for a Show Well Done!

To: MCA members, performers and crew;

My compliments for another outstanding event at ICO!

The time and effort that everyone devoted to making this year's show the best ever was evident. I am always amazed at the great talent we have within ICO's student body, and the addition to this year's show of several individuals from our attached communities (IIT and the Improv group) was great and reflected the spirit of the event. After 10 years I think it gets better every year. Thank you all for sharing your talents with us and creating one of the most memorable events at ICO this year.

Well done!

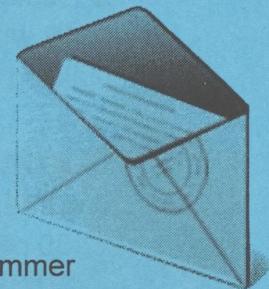
Dr. Colip



Summer of 2010

Mailing Guidelines

First Year Students – Your First Class mail will be sent to your summer mailing address. Bulk mail and magazines are not forwarded to you during the summer months. Magazines will be put in your mailboxes when you return for the Fall Quarter.



Please make sure that the **Registrar's Office** has your correct summer mailing address. The Registrar Office supplies the mailroom with your address labels. If you are staying in Chicago for the summer, please use your ICO mailbox number as your summer address.

Externship Students – The mailroom will send your mail to your externship address once each week. You will receive your mail, magazines, ICO related materials, and other pertinent information addressed to you. You will not receive any catalogs as these will be discarded.

It is very important that the **Community Based Education Office** be informed of your mailing address for each quarter you are away on externship. The Community Based Education Office provides the mailroom with your address.

Externship students that live within a 15 mile radius of ICO will need to come and pick up their mail.

Bottom line: If we do not have an address for you, we cannot send you your mail!

When you reach your externship destination, please make sure that your name is on the mailbox where you live. Every quarter, the mailroom receives returned mail from externship addresses because the name on the mailbox does not match the name on the mail.

Graduating Students - Mail will be forwarded after graduation to the address you have supplied to the Registrar's Office. Unfortunately, magazines are unable to be forwarded. Please change your address with the company that supplies your magazine. The mailroom will forward your mail only for the summer quarter following graduation.

The Registrar's Office provides the mailroom with the addresses for graduates; therefore please make sure that the address you provide is correct. If you will be here after graduation, please notify Daisy or Diane in the mailroom. Arrangements can be made for you to continue using your mailbox through the summer quarter.

Please Return Your Mailbox Key Before You Graduate! Keys may be turned in at the Mailroom or when you pick up your Cap & Gown.

If you have any questions please stop by the mailroom and speak with Daisy or Diane. Thank you for your cooperation and understanding of these matters.

Helena (Daisy) Varkalis, Ext. #7085

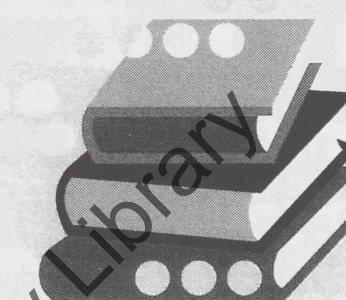
Supervisor, Mailroom & Printroom

Spotlight on the Library

*by Jeff Proehl, Information Systems Librarian and
Theresa Ciupinski, Library Circulation Clerk*

Library Hours for May

Fri	05/07	8 am to 12 am
Sat	05/08	8 am to 12 am
Sun	05/09	10 am to 12 am
Mon	05/10	8 am to 12 am
Tue	05/11	8 am to 12 am
Wed	05/12	8 am to 12 am
Thu	05/13	8 am to 12 am
Fri	05/14	8 am to 9 pm
Sat	05/15	9 am to 5 pm



Third Year Students—Hang on to your clickers!

The clicker/response system will be integrated into the 4th year conferences next year. When your last externship at ICO is finished, please donate the clicker to the Library. We will loan them to students who have misplaced a clicker and use them for continuing education seminars.

VisionCite for Alumni

Alumni may have access to VisionCite via an annual subscription. Alums get a 20% discount on the annual fee which brings the cost down to \$40.00. Alumni also may request to have articles or books sent to them at no charge. The articles usually are emailed as PDF scans; the books need to be mailed back.

Practice Management

As you get ready to head into the real world of optometry, remember that the library has great resources on private practice management and Spanish language resources for medical professionals. Titles include:

Medical Spanish Made Incredibly Easy! 3rd ed.

PC4120.M3 M35 2009

Medical Spanish for Health Care Professionals

PC4120 .M3 S37 2008

Spanish Terminology for the Eye Care Team

PC4120 .M3 C46 2006

Optometric Office Design

RE959.3 .W9 2008

Library Donations

Moving? Cleaning out your office or locker? Please consider donating textbooks and recreational reading material to the Library!



Poster

There is a new poster on display in the library lobby: *Multiple Retinal Pigment Epithelial Detachments with Oral Bisphosphonate Use* by Michelle Crist, B.A. and Sarah Klein, O.D. Please direct all questions and comments to the authors.

New Books

The Library's new book shelves are located across from the first floor Ricoh printer/photocopier/scanner near the restrooms. Some of the new books for April include:

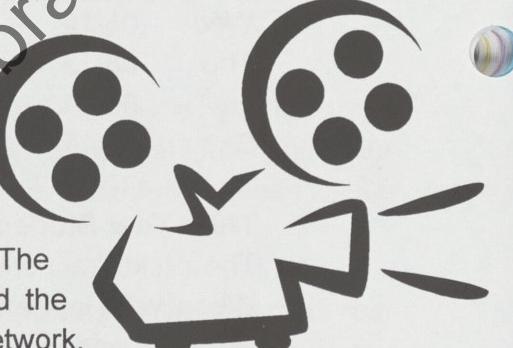


Pearls of Glaucoma Management, edited by JoAnn A. Giacconi, et al.
RE871 .P43 2010

Signs in Ophthalmology: Causes and Differential Diagnosis, by Jack J. Kanski. RE75 .K36 2010

Radiology of the Orbit and Visual Pathways, by Jonathan J. Dutton.
RE711 .D888 2010

Happy Arbor Day and we hope to see you in the Library!



Interesting Lecture at Northwestern University

May 4, Leadership by Example Lecture

Dr. Greg Scott, a sociology professor at DePaul University, has conducted extensive ethnographic fieldwork on drug-dealing street gangs. Since 2005, his non-profit multi-media company, Sawbuck Productions, has produced educational and political materials concerning the well-being of illicit drug users. The documentaries have been shown at film festivals around the world and have appeared on the National Geographic Network, BET Network and MSNBC. His film "Begging for Grace," which documents the daily life of a panhandling homeless Heroin addict named Freeway, was an official selection of the International Documentary Challenge at the 2007 HotDocs Film Festival in Toronto, Canada, and was recently acquired for commercial distribution.

The event will be held Tuesday, May 4, 2010 beginning at 6:00pm at Northwestern University's Chicago medical campus in Baldwin Auditorium, 303 E. Superior Street, 1st Floor, Chicago. It is open to the public and free of charge, but reservations are strongly recommended. RSVP to: rsvp@hmprg.org or call 312 372-4292 Ext. 24



Dean's List

The following full-time students achieved superior academic performance during the Winter, 2009 quarter by earning a quarterly grade point average of 3.50 or better and no grade below a "B" and/or Honors (H) in all Patient Care courses:



Albers, Jessica J.	Chu, Jennifer W.	Groshek, Delia A.
Anderson, Matthew K.	Chun, Robert E.	Gupta, Daman T.
Andrews, Megan M.	Collison, Frederick T.	Gutierrez, Steven P.
Andrzejewski, Tiffany M.	Colon, Diana	Hasan, Farooq M.
Ansari, Sabriya	Comly, Andrew R.	Hassan, Sura
Bagga, Ujjwal	Condie, Jessica A.	Hastings, Katherine R.
Bakota, Jill M.	Copeland, Gina C.	Head, Jessica E.
Balasa, Alina C.	Copilevitz, Lori A.	Heady, Ryan J.
Bansal, Manu	Cornish, Keaton C.	Henriksen, Nicole A.
Barnes, Jason D.	Crawford, Benjamin D.	Highsmith, Brittany S.
Battin, Joseph W.	Crist, Michelle	Hines, Candace A.
Bell, Valarie M.	Dennis, Jessica N.	Hodgins, Karen M.
Berends, Betsy L.	Desai, Puja H.	Hontz, Jessica E.
Bertelsen, Kristin L.	Dhaliwal, Rumeet	Hosack, Emily J.
Betton, Kimberly M.	Domes, Anna J.	Huh, Leen S.
Bhagat, Anisha B.	Duling, Tracie L.	Hunt, Lauren R.
Bierman, Jordan T.	Durst, Jennifer M.	Hunter, Quinlin P.
Bittan, Liron	Eigenberg, Andrea M.	Hur, Chee
Blasco, Nicholas J.	Eng, Anne M.	Hur, Linda H.
Bluemlein, Matthew R.	Estrada, Christina M.	Hutchinson, Jason T.
Bonk, Alex E.	Falk, Peter R.	Huynh, Doan Trang T.
Boon, Staci A.	Farooqi, Amreen	Hwang, Michael
Bowen, Nicholas C.	Finch, Alicia K.	Ichishita, John L.
Brandenborg, Helen C.	Fischer, Kristen N.	Jackson, Trichelle
Brandt, Jonee E.	Fisher, Katie D.	Jensen, Steven T.
Breuer, Joni R.	Fitch, Phillip N.	Jepson, Max E.
Browski, Kristen M.	Foley, Lauren B.	Jeziorny, Lisa M.
Burgos, Mary G.	Fong, Sarah M.	Johnson, Jalyn K.
Burton, Jennifer M.	Frohm, Christopher J.	Johnson, Jamie N.
Bush, Elizabeth J.	Galvin, Laura K.	Johnson, Kristina M.
Butt, Seher	Gaudreau, Parya	Kacherova, Veronica
Chadha, Vineeta K.	Gee, Jennifer W.	Kalinowski, Lauren A.
Chan, Vick	Gengelbach, Laura E.	Kamal, Sahar S.
Chang, Amy Chia-Shuan	Gerber, Roman B.	Kanikunnel, Anju M.
Chang, Christine	Gill, Japjeet K.	Karnani, Sean
Chang, Hyewon L.	Glose, Jennifer M.	Kasper, Haley A.
Cheng, Jeffrey Carmen	Go, Lenna	Keller, Amanda M.
Chhibba, Mani	Gonzales, Colvert R.	Kemmerer, Thomas J.
Chong, Nancy S.	Goodman, Katie M.	Kim, Janice H.



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Kim, Yura
Klabunde, Jessica L.
Klar, Jason G.
Kleiser, Melanie J.
Kloepfer, Robert J.
Kness, Courtney A.
Koroll, Cassandra H.
Kowalski, Jonathan T.
Kroll, Christine M.
Kunz, Thomas J.
Kusek, Amy E.
Labrum, Alan W.
Langford, Matthew S.
LeBlanc, Karen M.
Lee, Christine J.
Lee, Joseph
Lee, Kara
Leung, Donald
Liepins, Melissa A.
Lillie, Nicholas V.
Linder, Jessica R.
Longo, Marian L.
Ly, David
Madden, Nicole P.
Maguire, Amanda B.
Makoni, Tafadzwa C.
Martinson, Christine L.
Matsuura, Marjorie Y.
McCaig, Stephanie D.
McIntosh, David M.
McKee, Natalie K.
McNea, Alanna R.
McPhee, Liane C.
Mehta, Pranali B.
Michel, Kimberly A.
Millet, Lucia E.
Milunas, Viktoria V.
Minhas, Bhawanjot K.
Misener, Christine E.
Montreal, Meghan E.
Moran, Amy L.
Mothersbaugh, Erik J.
Motisi, Heather M.
Mulanix, Gerianne J.

Murphy-Watt, Katherine
Na, Liah R.
Navarro, Lori B.
Nebelsick, Keri D.
Nehls, Alicia A.
Nguyen, Mylee K.
O'Brien, John P.
O'Shaughnessey, Molly K.
Oga, Shirley R.
Olberding, Nicholas J.
Oliver, Kelly D.
Opejin, Adetola A.
Ostrander, Mikeal R.
Ottaviano, Adam J.
Parikh, Sonny M.
Patadia, Neelam P.
Patel, Gemma K.
Patel, Hetal
Patel, Janaki R.
Patel, Lisha J.
Patel, Nim R.
Patel, Parisha P.
Patel, Poonam S.
Patel, Radhika B.
Patel, Trisha H.
Patel, Vimal S.
Patel, Vishal K.
Pena, Rocío
Pew, Craig A.
Pham, Mailynn H.
Pieper, Brian
Pollard, Kendra C.
Porter, Erika K.
Posthuma, Danielle J.
Potwin, Steven M.
Rak, Ashley M.
Ranjbar, Diana N.
Ratermann, Stefanie M.
Reksiedler, Carmen L.
Redmond, Jennifer L.
Resetar, Kaitlyn A.
Rickels, Michael D.
Risko, Adam R.
Robinson, Joshua L.

Roehl, Ashley A.
Romenesko, Rachel K.
Ross, Kyle D.
Rowe, Sarah L.
Sacksteder, Ryan T.
Saiyed, Rahnuma J.
Salami, Nellie N.
Saltee, Jaclyn A.
Schaefer, Marie A.
Scheurer, Ashley M.
Schirner, Chad A.
Schuster, Amanda E.
Schutte, Meghan A.
Seif, Noha
Setork, Sheila M.
Sexton, Audra
Shah, Puja
Shelus, Elizabeth J.
Shen, Hung-Ju K.
Sherman, Krystyna M.
Sicks, Lindsay A.
Simenson, Anne M.
Simpson, David M.
Singla, Anchita M.
Siragusa, Melisa
Sliwinski, Daniel R.
Sloan, James R.
Smolyansky, Valeriya V.
Sohal, Baljit S.
Solomon, Michelle A.
Soo Hoo, Robert M.
Specht, Jennifer J.
Spence-Roberts, Marisha
Springstroh, Cory A.
Stanton, Seth B.
Steere-Bollman, Bridget J.
Stewart, Shane C.
Suen, Nancy H.
Suleman, Alysha
Sun, Robert B.
Sweeney, Amy S.
Szolosi, Ildiko E.
Talaber, Alexandra A.
Tang, Patricia B.

Tanke, Anna L.
Thakrar, Neal K.
Thelen, Rachel L.
Thoele, Jonathon P.
Thompson, Emily M.
Thompson, Naghmeh R.
Toderian, Anna C.
Tran, Katherine N.
Tran, Mailan D.
Trieu, Kevin
Troy, Alexandra M.
Turner, Brady D.



Ung, Susan A.
Vasilnek, Nicole M.
Virji, Nysha
Vogelpohl, Derek P.
Vogt, Sierra N.
Vroom, Kayla L.
Walter, Lauren E.
Walters, Emily L.
Wang, Weihan
Wedeking, Kassandra M.
Weir, Jillian M.
Wellnitz, Mark W.

Wenzel, Victoria R.
Werner, William A., Jr.
Wiebers, Lindsay L.
Winkler, Sara M.
Wolan, Margaret
Woo, Eric A.
Yap, Tamscot S.
Yeh, Annie
Zinea, Jacob J.
Zemke, Alex C.
Zuniga, Marilyn E.



2010 Commencement Choir

Any faculty or O.D. degree candidates who would like to be part of this year's commencement choir, please contact Laura Gengelbach, lgengelbach@eyedoc.ico.edu at your earliest convenience. Come join us on this exciting day to sing the ICO Alma Mater.



Maino's Memos

Maino's Memos contains the latest research and information about eye and vision care of children, those with developmental disabilities, Traumatic/Acquired Brain Injury and other topics of interest. Please note that if you are reading this online, all links should be active. Click on the titles for more information. Please note all comments are mine and do not necessarily reflect those of the Illinois College of Optometry.

MainosMemos can be found at <http://www.mainosmemos.blogspot.com>

Do Doctors Wash Their Hands?

Watch this video and be afraid....be very afraid! (Wash your hands, wash your hands, NOW!!) DM

Research shows link...eye movement predictor of academic success

Comments: My friend and colleague, Dr. Dan Fortenbacher posted this important information on the COVD blog...click on the title above to learn more... DM

Research shows link...eye movement predictor of academic success April 20, 2010 by Dan Fortenbacher, O.D., FCOVD

"Eye movement is a predictor of academic success". This month marks the 10 year anniversary when the Harvard University Graduate School of Education made this announcement. The research clearly shows that there is important association between effective eye movement control and academic success.

Ever since this breaking news a decade ago, further evidence of the association between eye movement and academic success continues to be recognized. For example, in Volume 27 Issue 8 of the Journal of Brain Development in 2005 the titled

research is, the Voluntary Control of Saccadic and Smooth-Pursuit Eye Movement in Children with Learning Disorders.....

In the News

I've been lucky enough over the last couple of months to be quoted/featured in several media modalities. These included the Chicago Sun Times, AOA News, Sunday's Chicago Tribune Parade Magazine, and I Want My AOA TV digital web site. During the past two weeks, I also recorded a sixty second radio spot and spent more than 2 hours filming a 60 second TV spot that will also be used on YouTube. How did all of this happen? Basically, I was in the right place at the right time and I felt comfortable taking a chance that the "press" could get my message across appropriately. It also helps if you have an area of expertise to share with the public.



Want to know more about how you can become a "media content expert?" Watch for the Spring issue of the Association of School and Colleges of Optometry, Optometric Education online journal for an article tentatively titled, "Yoda and Mr. Clean on TV".

3D headache may be 'avatar' of strabismus or other binocular vision condition

...Dr Rosenberg believes the strain of trying to merge the slightly different images presented to each eye without relief fatigued her. "To see the image in 3D you need the images in each eye to be equally clear. If your eyes are not seeing the same image you can still get stereo vision, but it ups the ante for what your brain has to do to merge the two images. Ultimately it is what your brain is doing that gives you the headache but it is your eye situation that is creating the extra work for your brain....

Comments: Although my ophthalmological colleagues (at least some of them) do understand the importance of binocular vision, none offer optometric vision therapy. If you want a solution to 3D movie syndrome go to <http://www.COVD.org> to find a doc that can help. DM

NIH Press: BRAIN-RECORDING DEVICE THAT MELTS INTO PLACE

Scientists have developed a brain implant that essentially melts into place, snugly fitting to the brain's surface. The technology could pave the way for better devices to monitor and control seizures, and to transmit signals from the brain past damaged parts of the spinal cord. "These implants have the potential to maximize the contact between electrodes and brain tissue, while minimizing damage to the brain. They could provide a platform for a range of devices with applications in epilepsy, spinal cord injuries and other neurological disorders," said Walter Koroshetz, M.D., deputy director of the National Institute of Neurological Disorders and Stroke (NINDS), part of the National Institutes of Health....

Successful Surgery May Improve Health-Related Quality Of Life In Adults With Strabismus.

From AOA First Look:

Medscape reported that, according to research presented at a pediatric ophthalmology meeting, "both the new Adult Strabismus Questionnaire (AS-20), developed at the Mayo Clinic, and the traditional Visual Function Questionnaire (VFQ-25), from the National Eye Institute (NEI), show substantial improvements in health-related quality of life (HRQOL) for adult patients who undergo successful strabismus surgery." In a study of "106 adults with strabismus between the ages of 18 and 84 years (mean age, 48.5 years; 57% female; 75% with diplopia)...given the AS-20 and VFQ-25 to complete before and after undergoing strabismus surgery," investigators found "postsurgery HRQOL improvements in adults both with and without diplopia."

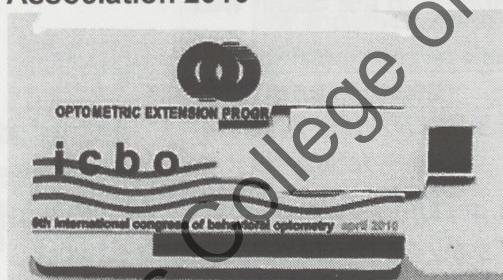
Comments: This study showed that 42% of those having surgery were NOT successful! (In the 80 total patients with preoperative diplopia, 46 (58%) had successful surgical procedures. Why do surgery first if many are not successful? Surgery is a valuable tool as long as optometric vision therapy is done first. Do not jump on the strabismus surgery bandwagon until non-surgical intervention has been completed first! DM

Wash Your Hands-Save a Life

...Infections acquired during hospital care, also known as nosocomial infections, are one of the most serious patient safety concerns. It is unfortunate that HAI [Hospital-acquired infection] rates are not declining. Of all the measures in the NHQR measure set, the one worsening at the fastest rate is postoperative sepsis. The two process measures related to HAIs tracked in the NHQR, both covering timely receipt of prophylactic antibiotics for surgery, are improving steadily. However, HAI outcome measures are lagging; only one shows improvement over time while three are worsening and one shows no change. This may, in part, reflect improving detection of HAIs....

Comments: This applies to all ODs too. Wash your hands. Wash 'em. Now! DM

International Congress of Behavioral Optometry/Neuro-Optometric Rehabilitation Association 2010



At the International Congress of Behavioral Optometry/Neuro-Optometric Rehabilitation Association 2010 meeting those organizing the meeting did something very unique. They gave those attending an opportunity to choose a binder with the paper handouts, a CD of the handouts or a cool USB card...with the handouts. I chose the USB card. This is a great way to save paper AND it is also a wonderful PR tool for ICBO/NORA. I will use this USB card often....and when I do ICBO/NORA will be on my mind!

By 20 Years Of Age 90 Percent Of Children With Intermittent Exotropia Will Become Nearsighted

...Intermittent exotropia, a condition in which the eyes turn outward while looking at an object, occurs in about 1% of American children and is less common than esotropia, where the eyes turn inward. researchers ... followed 135 patients with intermittent exotropia over a 20-year period and found that slightly more than 90% of these children became nearsighted by the time they reached their 20s.

Comments: Another good reason to have your children examined early (between 6-12 mos of age...see info on InfantSee) and once a year while in school. DM



Become a Facebook Fan of Optometry & Vision Development

Children Use Space To Think About Time

...Space and time are intertwined in our thoughts, as they are in the physical world. For centuries, philosophers have debated exactly how these dimensions are related in the human mind. According to a paper to appear in the April, 2010 issue of Cognitive Science, children's ability to understand time is inseparable from their understanding of space

Many kids who struggle in school have undetected sight problems

...When Ben Miller started kindergarten last fall, the 5-year-old at Willard Elementary was struggling to learn....He could barely write his name and had trouble recognizing all the letters of the alphabet. Whenever his teacher wrote words on the board, the little boy didn't engage in class discussion. Each time she showed illustrations from a book, Ben couldn't talk about the details....Up to 25 percent of school-age children may have vision problems that can affect learning, but only 14 percent receive a comprehensive eye exam before starting school, according to 2004 statistics from the College of Optometrists in Vision Development....The organization also estimates that nearly 10 million kids have undetected vision problems....

Residencies

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South wall.

Classified

STUDENT WORKERS NEEDED

For Open House

On Saturday, June 5th, 2010, the Office of Admissions is hosting its annual Open House. The day will run from 7:00 a.m. – 2:00 p.m. We will need your help to make this event a huge success! You will have the opportunity to display your knowledge by giving demonstrations of entrance exams, such as Pupil Test, Stereopsis & Color Vision during the mix & mingle session and conduct brief campus tours (we'll provide the tour route and talking points) and participate on our Student Panel. Lunch will be provided after the event. If you are interested in working, please stop by the Admissions Office and see Melissa, Sarah (x7406) or Teisha (x7407).



Scholarships

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Walman Optical Company Scholarship Program	<ul style="list-style-type: none"> • 2 or 3 year • Complete their application and mail it with transcript 	\$1,000 to 4,000	April 10, 2010 www.walman.com
BSK Student Research Grant Program	<ul style="list-style-type: none"> • Application outline form • Check 222.betasigmakappa.net 	\$1,000	April 10, 2010
2010 Dr. Stanley Pearle Scholarship Fund (OneSight Research Foundation)	<ul style="list-style-type: none"> • Students Graduating in class of 2011, 2012 or 2013 • Complete application-Scholarships will be awarded on a competitive basis 	Ten Scholarships of \$2,000	April 15, 2010 to OneSight Research Foundation Scholarship Committee
John Gyles Education Awards	<ul style="list-style-type: none"> • Canada and U.S. • GPA of 3.0 or above • Financial need 	Up to \$3000	May 1 – applications available at www.johngyleseducationcenter.com
Maine Optometric Association: Hilda Rand Scholarship	<ul style="list-style-type: none"> • Student of optometry from Maine 	(2) \$1,000	May 3, 2010 Application forms at: Ms. Mary M. Brooks, 56 Madison St., Bangor ME 04401 or Madison@midmaine.com
Lucille and Edward R. Roybal Foundation	<ul style="list-style-type: none"> • Hispanic, in graduate program – pharmacy, optometry, nursing or public health • GPA of at least 2.50 • Commitment to serve low-income Latino communities in the US • Financial need 	\$5,000 for graduate students	May 14, 2010 to Foundation, check website: roybalfoundation.org
2001 Antoinette M. Molinari Scholarship (AOF)	<ul style="list-style-type: none"> • Maintain GPA of 3.5 • Financial need 	\$6,000	Please submit to SAO kolson@ico.edu electronically by May 26, 2010. Go to http://www.aaopt.org/aof/scholarship/molinari/ for application.
The Connecticut Association of Optometrists	<ul style="list-style-type: none"> • Connecticut resident 	3 scholarships	July 31 st 2010

The Student Affairs Office has more information, so stop by and check it out.

Fitness Corner

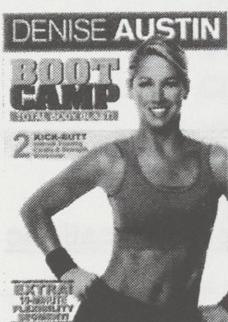
Do You Suffer from Insomnia?

Insomnia is a sleep disorder in which a person experiences poor sleep or has trouble sleeping. Insomnia can involve:

- Difficulty falling asleep
- Difficulty staying asleep (that is, waking up many times during the night), without necessarily having had any difficulty falling asleep
- Waking up too early in the morning
- Not feeling refreshed after a night's sleep



So what can you do to improve your chances of getting a good night's sleep? Check out the main fitness bulletin board in April for tips.



Exercise On Your Own Time

You can now find popular workouts like Pilates for Men, Crunch Kickbox Party, Red Hot Salsa, and lots more in the library. Now anytime is the right time to get in shape physically and mentally. See Irma Chavez in the media section of the library for more information

Work-Study Openings Available this Summer!

Have you successfully completed several marathons? Do you enjoy helping others learn how to rollerblade? Are you a dependable, conscientious student with an interest in health and fitness? The Fitness & Wellness Department is currently hiring for the summer. Assistant Personal Trainers, Fitness Instructors, Bootcamp Leaders, and Activity Leaders are needed to help students achieve their fitness goals. All opportunities include paid training.

Please email your interest and fitness/sports/dance related skills and hobbies to Shirmel Richards, srichards@ico.edu.

Summer Exam Schedule

ALL QUIZZES ARE GIVEN AT 8:00-8:50 AM UNLESS OTHERWISE INDICATED

DATE	Third Year
14-Jun Mon	CLE 365.1 Contact Lenses I Room 1200-1203
23-Jun W	BHS 363.1 Ocular Disease III Room 1200-1203
29-Jun T	CLE 379 Infant/Child Development & Management Room 1200-1203
7-Jul W	CLE 365.1 Contact Lenses I Room 1200-1203
13-Jul T	BHS 363.1 Ocular Disease III I Room 1200-1203

FINAL EXAMS ARE GIVE AT 1:45-3:45 PM UNLESS OTHERWISE INDICATED

31-Jul SAT	CLE 365.1 Contact Lenses I <u>NOTE – 2:30 to 4:30 PM</u>
3-Aug TUES	CLE 379 Infant/Child Development & Management
6-Aug FRI	BHS 363.1 Ocular Disease III

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Fitness Corner

Do You Suffer from Joint Pain? Get Fit & Stay Healthy with a Personalized Exercise Program

Indonesia is a developing country with a large population. This means that there are many people who are not physically active.

Physical inactivity can lead to various health problems, such as obesity, heart disease, and diabetes.

Exercise is an effective way to prevent and treat these conditions.

It is important to find an exercise program that suits your individual needs and interests.

There are many different types of exercises available, such as aerobics, strength training, and flexibility exercises.

It is important to consult with a healthcare professional before starting any new exercise program.

They can help you determine what type of exercise is best for you and provide guidance on how to safely incorporate it into your daily routine.

Remember, exercise is a key component of a healthy lifestyle.

It can help you stay fit, strong, and healthy for years to come.

So, if you're looking for ways to improve your fitness level, consider incorporating exercise into your daily routine.

With a little effort and dedication, you can achieve your fitness goals and live a healthier life.

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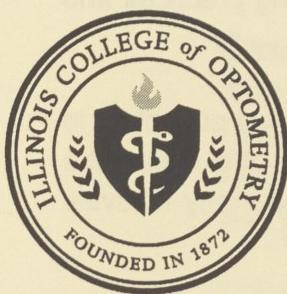
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Focal Point

C A M P U S N E W S

From Dr. Colip

Congratulations to all students on the successful completion of another year at ICO!

To the ICO Class of 2010 (candidates for the O.D. degree): This will indeed be your last "Student" Newsletter. I have enjoyed working with you over the last few years and would like to wish each of you the best as you begin your new careers. Let me be the first to welcome you as professional colleagues to our wonderful profession and to the ICO Alumni Association. The next few weeks and months will undoubtedly hold much change and professional challenge as you try out your new privileges as licensed O.D.'s. The transition into practice can be intimidating for some, exhilarating for others. I'd like to encourage you to rely on each other, as well as those of us that will remain here at ICO, for advice and assistance as you continue your professional development and transition into your practices. Though distance may separate us, you will always be part of the ICO "family". One of the great joys for those of us that remain at ICO is the opportunity to continue to watch each of you grow and continue your professional development and learn of your successes. Your return visits are always welcome! As a member of the largest optometric alumni association in the world you have earned access to and assistance from over 8,000 fellow alumni worldwide - take advantage of us! Your ICO education will serve you well and will undoubtedly make many of your life's rewards possible. Be proud of your accomplishment and best wishes to all of you!! I wish you each many successes in your new careers!

To the Third Year Class: Congratulations on the completion of your formal classroom education and the start of your fourth and final year at ICO. I look forward to working with you and your Class Representatives to plan a memorable commencement ceremony, just 12 short months away! Best wishes to all as you apply your new skills in the Externship Program.

Please visit us in the Student, Alumni and College Development Office during your campus-based rotations.

Now is a good time to list yourself with the ICO Placement Program (many of you already

Go confidently in the direction of your dreams.
Live the life you have imagined.

- Henry David Thoreau



have - congratulations!) and use the next few months to start evaluating practices and thinking about where you may want to set-up practice.

To the Second Year Class: Best wishes as you begin your formal clinical education in the Illinois Eye Institute. I encourage you to enjoy all that Chicago has to offer during the wonderful summer months. I highly recommend that you check out the many festivals and take in a concert in Grant Park sometime this summer - they're free!

To the First Year Class: I commend you on the completion of your first year and encourage you to reflect back upon this year to realize just how much you have learned. To those of you returning to your homes, have a wonderful and restful summer and I'll see you next fall. Once you have had a chance to catch your breath this summer, please consider returning a little early in the fall and to help out with First Year Orientation (Aug. 13 - 15) and help get the new Class off to a good start.

To all Students

From Dr. Colip

The summer months will once again be quite busy around ICO. ICO's annual Commencement Capstone Program for the Class of 2010 will run Wednesday, May 19th. Commencement is Saturday, May 22 at 11am at Rockefeller Chapel at University of Chicago.

The Admissions Office will conduct the annual summer Open House on Saturday, June 5th. If you will be around and would like to help out or participate, please stop-by the Admissions Office and see Teisha Johnson.

ICO will sponsor an alumni/student reception at the AOA Congress in Orlando, FL on the evening of Fri., June 18. If you plan to attend the meeting, or will be in the area, we would appreciate your attendance. It is a great opportunity to network with ICO alumni and who knows, maybe you will meet your future practice partner. Details on the meeting are available on the AOA website.

July 19-23 the ICO Admissions Office will host the second annual summer program geared specifically to encourage college-age students from underrepresented minority backgrounds to consider optometry as a potential career. Many opportunities will be available for current students to assist with this program. Please see Teisha Johnson for more details or to recommend a potential participant.

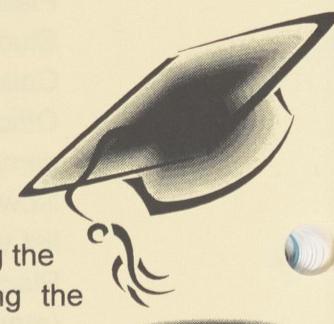
Have a great summer!!

Mark Colip, O.D.

VP for Student, Alumni and College Development

Commencement

Commencement will be held at Rockefeller Chapel on the campus of the University of Chicago at 11 a.m. on Saturday, May 22nd. Rockefeller Chapel is located at 5850 South Woodlawn Avenue. A reception honoring the Class of 2010 will be held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel.



Commencement Capstone Program

Wednesday - May 19, 2010

- 12:30 p.m. Graduates board Trolleys to Rockefeller Chapel
- 1:00 p.m. Commencement Rehearsal at Rockefeller Chapel
- 2:30 p.m. Capstone sponsors expected to arrive on campus and set up information tables
- 3:30 p.m. Graduates arrive on campus, graduates mingle and visit with Sponsors @ information tables
- 3:50 p.m. Begin serving at all stations
- 4:15 p.m. Presentation of school gift by 4th year reps: Ruhee Dhalla & Efren Gomez
4th Year Awards Presentation, Capstone Dinner & Dessert - Gymnasium
Opportunity for graduates to visit sponsor information Tables
- 5:00 p.m. Graduates mingle and visit with Sponsors at information tables
- 5:15 p.m. Cap & Gown Pickup (Lecture Center all rooms)
Yearbook Distribution – Corridors outside library
(Sponsor Gift distribution: Outside Lecture Center
B.S.K – cord distribution - Corridors Indiana entrance)



Save the Date: ICO's Alumni weekend

August 27-29, 2010

June 2010 Continuing Education Programs

The Continuing Education Department is offering two programs in June. Join us on June 13 for 8 hours of continuing education (6 hours TQ) and June 27 for 6 hours of non-tested continuing education. As always, faculty and students are welcome to attend at no charge. For more information or to register for either of these programs, please visit www.ico.edu/continuing education or email the CE Coordinator at continuinged@ico.edu.

Locker Information

Please make sure you have signed-up for your locker in Student Affairs Office. After graduation I go through the list and cut off the lockers that have locks but no names on the list. As a courtesy please sign out when leaving your locker after graduation or when leaving on externship.

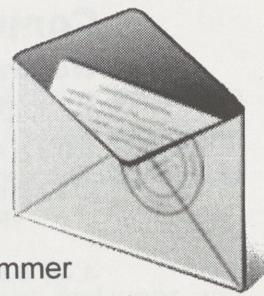
Thank you

Kathy Olson

Summer of 2010

Mailing Guidelines

First Year Students – Your First Class mail will be sent to your summer mailing address. Bulk mail and magazines are not forwarded to you during the summer months. Magazines will be put in your mailboxes when you return for the Fall Quarter.



Please make sure that the **Registrar's Office** has your correct summer mailing address. The Registrar Office supplies the mailroom with your address labels. If you are staying in Chicago for the summer, please use your ICO mailbox number as your summer address.

Externship Students – The mailroom will send your mail to your externship address once each week. You will receive your mail, magazines, ICO related materials, and other pertinent information addressed to you. You will not receive any catalogs as these will be discarded.

It is very important that the **Community Based Education Office** be informed of your mailing address for each quarter you are away on externship. The Community Based Education Office provides the mailroom with your address.

Externship students that live within a 15 mile radius of ICO will need to come and pick up their mail.

Bottom line: If we do not have an address for you, we cannot send you your mail!

When you reach your externship destination, please make sure that your name is on the mailbox where you live. Every quarter, the mailroom receives returned mail from externship addresses because the name on the mailbox does not match the name on the mail.

Graduating Students - Mail will be forwarded after graduation to the address you have supplied to the Registrar's Office. Unfortunately, magazines are unable to be forwarded. Please change your address with the company that supplies your magazine. The mailroom will forward your mail only for the summer quarter following graduation.

The Registrar's Office provides the mailroom with the addresses for graduates; therefore please make sure that the address you provide is correct. If you will be here after graduation, please notify Daisy or Diane in the mailroom. Arrangements can be made for you to continue using your mailbox through the summer quarter.

Please Return Your Mailbox Key Before You Graduate! Keys may be turned in at the Mailroom or when you pick up your Cap & Gown.

If you have any questions please stop by the mailroom and speak with Daisy or Diane. Thank you for your cooperation and understanding of these matters.

*Helena (Daisy) Varkalis, Ext. #7085
Supervisor, Mailroom & Printroom*

Spotlight on the Library

By Jeff Proehl, Information Systems Librarian and

Theresa Ciupinski, Library Service Clerk

Good luck on finals! Graduating students, best wishes in your optometric career!

Library Hours for May 2010

Finals Week

Fri	05/07	8 am to 12 am
Sat	05/08	8 am to 12 am
Sun	05/09	10 am to 12 am
Mon	05/10	8 am to 12 am
Tue	05/11	8 am to 12 am
Wed	05/12	8 am to 12 am
Thu	05/13	8 am to 12 am
Fri	05/14	8 am to 9 pm
Sat	05/15	8 am to 5 pm
Sun	05/16	Closed



Break Week

Mon-Fri	05/17-05/21	8 am to 5 pm
Sat	05/22	Closed
Sun	05/23	Closed
Mon	05/24	Summer Quarter hours begin

Summer Quarter hours

Mon-Thu	8 am to 9:00 pm
Fri	8 am to 5:00 pm
Sat	9 am to 5:00 pm
Sun	Closed

Memorial Day Weekend

Sat-Sun	05/29-05/31	Closed
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Graduating Students/Alumni

All graduating students, please return your library materials by Wednesday, May 14 in order to take part in commencement.

Alumni have full library privileges to check out books, DVDs, and CDs. Alumni may check out materials themselves, or may request that the Library mail them the requested items. The user then will need to return the items in person or mail them back.

Alumni also may request articles at no charge, which will be emailed to them. Alumni may have access to VisionCite via an annual subscription. Alums get a 20% discount on the annual fee which brings the cost down to a tax-deductible \$40.00.

Off-Campus Externs

Externs whose sites are more than fifty miles from ICO may receive copies of articles that they need for free. The Library will also mail books without charge to externs. Please send your requests to the library email address at cshepard@ico.edu.

Summer of 2010

Library Donations

Moving? Cleaning out your office or locker? Please consider donating textbooks and recreational reading material to the Library!

Have a great summer and we look forward to serving you in the Library!

Maino's Memos

Maino's Memos contains the latest research and information about eye and vision care of children, those with developmental disabilities, Traumatic/Acquired Brain Injury and other topics of interest. Please note that if you are reading this online, all links should be active. Click on the titles for more information. Please note all comments are mine and do not necessarily reflect those of the Illinois College of Optometry. Go to: <http://www.mainosmemos.blogspot.com> for the latest research.

[Just a quick word to the Graduation Class 2010...as we say in Chi-ca-ga, "Youse guys are awesome!" It's been a pleasure working with all of you. To the new 4th year class...study hard, see lots of patients, and learn all you can. I look forward to helping you do just that!!]

Repeated surgery for acute acquired esotropia: is it worth the effort?

...Our findings support the good binocular potential in patients with acute acquired concomitant esotropia (AACE) type II. Despite a complicated course and long-lasting absence of stereovision, all patients eventually regained highgrade stereopsis. Resolutely aiming at realignment seems to be worth the effort....

Comments: I always find it interesting that our ophthalmology colleagues can get away with "stuff" that they criticize optometry for doing. The authors of this paper call having four subjects (the number of patients in the article) a study. Well, as you know this is much more a case series than a study. I am not downgrading a case series paper....I've published them myself...but I know the limitations and I know to limit my conclusions using appropriate cautions. They also call a positive response on the Lang "high grade stereopsis". Not really. This is still a pretty gross level of stereo (Test 1 has disparities of 550, 600, and 1200, with car, star, and cat. Test 2 has Moon 200, car 400, and elephant 600)...on the other hand...it is better than no stereo. The bottom line is that most of these patients had more than one surgery...we need to tell our patients what outcomes to expect. We need to tell them that if we do optometric vision therapy before and after strab surgery that the outcomes are usually better (optometrists pay attention to the sensory aspects of being a strab not just motor) and that no matter what treatment option is offered, it will take time and effort. Read the PDF by clicking on the title above.

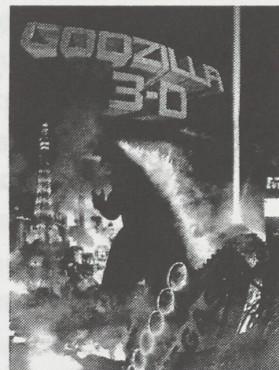
Make Your Own 3 D Movie

As you can tell from my last few posts, I am on a 3 D kick! So I thought I'd show you this video that tells you how to make your own 3 D movie. If you cannot see the 3 D. Call me!!

Watch Old Time 3D Movie Trailers: 3D Movies: The Mask, 13 Ghosts (scroll down for this one)

3 D Movies and Television will hurt your eyes?

3D movies, television and video games won't so much hurt your eyes as it will make it hurt when you use your eyes and your brain. There is a mis-match between what you know is true (the image you are seeing is really at the distance of the movie screen) and what you see to be true (you see the 3D image closer to you). If your binocular vision system is not operating at top efficiency you can suffer eye strain, double vision, blurred vision, headache and even nausea. The only way to make sure all is OK is to have an eye care professional who is either a member of the American Optometric Association or the College of Optometrists in Vision Development conduct a comprehensive eye and vision examination. The optometrist is the eye doctor trained to diagnose and treat these problems with optometric vision therapy. Check out COVD for more info on optometric vision therapy as well. Please feel free to contact me at the Illinois Eye Institute or Northwest Optometric Associates if you have any additional questions.



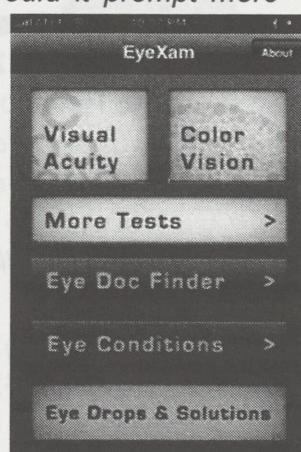
Parents Not Providing Adequate UV Protection For Children's Eyes

...While 85 percent of Americans recognize that ultraviolet (UV) rays can damage their eyes, only 65 percent wear sunglasses as protection, and even fewer (39 percent) make sure their children wear sunglasses. By comparison, 78 percent make sure their children wear sunscreen when outdoors...

Comments: Get a GOOD OPTICAL QUALITY pair of sunglasses on your child now! Don't let the sun damage your little one's eyes!

The New 'Mobile' EyeXam: ODs Develop Vision Screening iPhone App

From Vision Monday: *The vision screening has gone mobile. Could it prompt more comprehensive eye exams? Global EyeVentures, Inc, announced earlier this month the availability of its EyeXam iPhone application on the Apple iTunes store. Nikki Iravani, OD, founder of Global EyeVentures, describes EyeXam to CLICK as "The next-generation vision awareness device." EyeXam features a self-guided method for measuring one's own visual acuity at distance and near, and was developed by two optometrists. The free download EyeXam also includes color vision plates, an Amsler grid, and eye dominance test. A disclaimer on the app reinforces that the EyeXam app does not replace an examination by a licensed professional.*



How Well Does My Baby See?

This is from the COVD blog and written by my colleague Dr. Shelly Mozlin.

...One of the most common measurements of "how well a person sees" is visual acuity. For older children and adults, optometrists typically use a letter chart to determine the smallest letters the patient is able to recognize. Just about everyone is familiar with this concept of 20/20 visual acuity. But how can you measure visual acuity in an infant? Obviously the baby is not going to be reading the letters on a chart 20 feet away....

Study of primary convergence insufficiency

The present study was done to find out the incidence of primary insufficiency of involuntary convergence and evaluate the relative efficacy of synoptophore treatment against home exercise in its management. During the period of study, 2162 cases in the age group 15 to 35 years were studied for convergence in detail. It was found out that the incidence of primary convergence insufficiency is quite high (7.7% of total orthoptic clinic attendance). It commonly affects those who are constantly engaged in near work. Response to synoptophore exercises and home exercises is comparably equal. Recurrence of the ailment after stopping the exercises is not uncommon.

Comments: Click on title above to read full article.

Certain adult strabismus cases have good outlook for regaining stereopsis

...Adult strabismus subjects with binocular vision or a predisposition for stereopsis in childhood had binocular function improvement after adult strabismus surgery, a retrospective chart review found.... "Adults who present to the strabismus surgeon with varying complaints of diplopia, abnormal head tilts, loss of binocularity or disruption to binocular visual fields have a positive outlook to regain stereopsis following surgical correction of strabismus, as seen in 59.6% of patients in our study.

Comments: It is about time my ophthalmological colleagues realized that even adults can achieve binocularity if they have strabismus. I wish they'd read the book by Susan Barry PhD...Fixing My Gaze...they would see that optometric vision therapy can achieve the samething WITHOUT surgery!

ICO Faculty, Yi Pang, OD, PhD featured on New England College of Optometry's Homepage

Dr. & Mrs. Dominick M. Maino Visiting Professor Continuing Education Program

June 27, 2010 at the Illinois College of Optometry

6 Hours of CE Credit (Non-tested, COPE Pending) 8:30 A.M. to 3:00 P.M. Cost: \$150

Should You Change the Way You Treat Amblyopia?

Medico-Legal Issues in Optometry

Evidence Based Treatment of Convergence Insufficiency

Meeting the Challenges of the Aging Population

Featuring: Mitchell Scheiman, OD, FCOVD; Eric Conley, OD; Alfred Rosenbloom, OD, MA, DOS; Kara Crumbliss, OD

Continuing Education Coordinator, Illinois College of Optometry

3241 S. Michigan Ave Chicago, IL 60616

Please contact the CE Coordinator at 312-949-7426 or continuinged@ico.edu

3 D Movies & 3 D Television Uncover Undiagnosed Vision Problems

I was fortunate enough to be asked by the American Optometric Association to be featured on the AOA's digital TV program (I Want My AOA TV) in their Member's Spotlight segment. This segment discusses 3 D Movie Vision Syndrome where movie goers get more than their monies worth...unfortunately what they typically get includes headache, eye strain, diplopia (seeing double)...and NO 3 D!! Before you go to a 3 D

movie, it might be an excellent idea to have a comprehensive vision examination by an optometrist. Go to <http://www.AOA.org> and <http://www.COVD.org> (College of Optometrists in Vision Development) to find a doctor who can help ...click on their "Doctor's Locator". Other questions? Email me at dmaino@ico.edu, conduct a search by typing "3 D" in the search box in the upper left of this blog, and check out <http://www.NW.optometry.net> and <http://www.ICO.edu> as well. DM

Students Needed

We have several groups bringing high school students to visit ICO over the next few months. Typically the day is broken down into a presentation, tour and lab demos. We would need students for tour and lab demos. If anyone is interested in working for any or all of the events, please send me an email at tjohnson@ico.edu. The dates and times are listed below.

Chicago State University Pre-Health High School Program
Saturday, May 15th 10:30 AM - 12:30 PM

Oakton College Careers Exploration Program
Friday, June 25th, 9 am - 12 noon

National Youth Leadership Forum
Thursday, July 8th 11 am - 1 pm

National Youth Leadership Forum
Thursday, July 22nd 11 am - 1 pm

We also have our annual Admissions Open House on Saturday, June 5th and summer program during the week of July 19th. If you are interested in assisting for either or both, send me an email at tjohnson@ico.edu.

Teisha Johnson, M.S.
Director of Admissions



Scholarships

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3rd drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Lucille and Edward R. Roybal Foundation	<ul style="list-style-type: none">• Hispanic, in graduate program – pharmacy, optometry, nursing or public health• GPA of at least 2.50• Commitment to serve low-income Latino communities in the US• Financial need	\$5,000 for graduate students	May 14, 2010 to Foundation, check website: roybalfoundation.org
2001 Antoinette M. Molinari Scholarship (AOF)	<ul style="list-style-type: none">• Maintain GPA of 3.5• Financial need	\$6,000	Please submit to SAO kolson@ico.edu electronically by May 26, 2010. Go to http://www.aaopt.org/aof/scholarship/molinari/ for application.
The Connecticut Association of Optometrists	<ul style="list-style-type: none">• Connecticut resident	3 scholarships	July 31 st 2010
Wisconsin Foundation for Vision Awareness Scholarship	<ul style="list-style-type: none">• Completed at least one year• Resident of Wisconsin• Member of AOSA• 3 letters of recommendation• Selection based on academic performance, leadership, financial need, etc.	\$250 to 1,000	Before August 15, 2010 to Wisconsin Optometric Association

The Student Affairs Office has more information, so stop by and check it out.



Fitness Corner

Fitness Center Updates

For those of you who will be here over the summer, ICO's Fitness Center has lots of fun outdoor activities planned. On June 10th learn how to maintain your bike and ride around the city. Other available activities include rollerblading and walking group. Keep your eyes on the Fitness page of the View for more summer offerings.

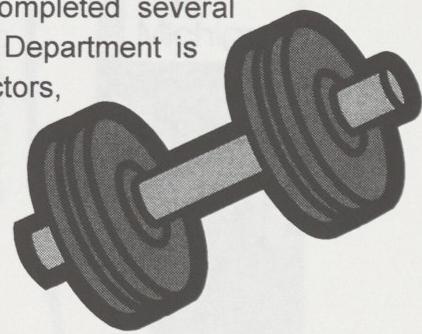
Finals Week Exercise Schedule

Monday 05/10	Tuesday 5/11	Wednesday 5/12	Thursday 5/13	Friday 5/14
Hatha Yoga 10-11am Dr. Z				
Indoor Cycling 1-1:30pm Shirmel	Pilates 1-1:55pm Shirmel	Hatha Yoga 1-2pm Dr. Z	Indoor Cycling 12:15-12:45pm Shirmel	Body Blast 1:05-1:50pm Shirmel

Work-Study Openings Available this Summer!

Are you an enthusiastic exerciser or health nut? Have you successfully completed several marathons? Do you enjoy helping others get in shape? The Fitness & Wellness Department is currently hiring for the summer. Assistant Personal Trainers, Fitness Instructors, Bootcamp and Activity Leaders are needed to help students achieve their fitness goals. All opportunities include paid training.

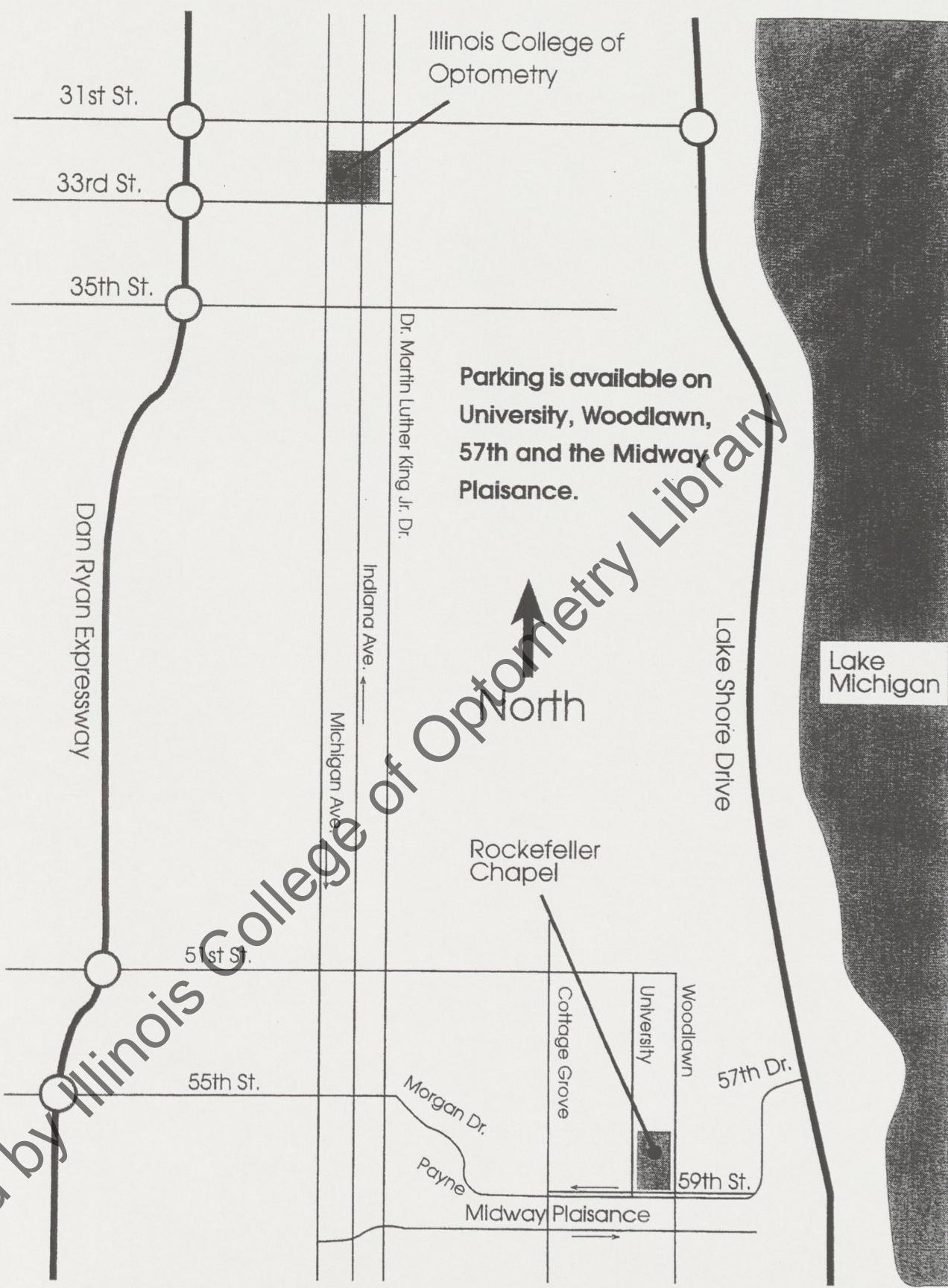
Please email your interest and fitness/sports/dance related skills and hobbies to Shirmel Richards, srichards@ico.edu



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DIRECTIONS TO ROCKEFELLER CHAPEL

Rockefeller Chapel is located at 5850 S. Woodlawn Ave. Take the 57th Street exit (Museum of Science & Industry) off Lake Shore Drive, that street will go West and curve South. Turn right at the Midway Plaisance. The chapel is about five blocks West of the turn and North of the Midway. There should be plenty of parking on Woodlawn, University, 57th, 59th and the Midway Plaisance.



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